**Mental Health Awareness: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.



In today’s fast-paced world, it’s easy to overlook self-care. Taking even a few moments to recharge can boost your mental health and wellbeing.

As part of your benefits, you have access to Wellbeats *Wellness*, offering thousands of on-demand classes to help you recharge.

**Ake some time to complete any Wellbeats *Wellness* class during the month of May! Start prioritizing yourself today.**

For any questions, please contact [enter your contact information here].