

World Mental Health

This month, explore resources to support your own well-being and help build a more open, compassionate world.

In this month's engagement toolkit, you'll find:

Featured articles on:

- Four powerful ways to make your workplace mentally healthier.
- Why talking about mental health matters, and tips for open conversations.
- The importance of checking in on your friends who seem OK.

Worksheet to check in on your own well-being.

Quick-hit guide on what to put in your mental health emergency kit.

Interactive breathing exercise for finding calm.

Interactive on ways to ease anxiety and panic.

Quick insight "How to manage your anxiety" from Uptime.

Webinar from Calm: "In it together: Tackling loneliness and creating connection."

Member training course "Supporting mental health concerns with friends and family."

Manager training resources, including "Leaders use the Calm app to reduce burnout, stress and build resiliency."

[View toolkit](#)

What to expect each month:



Latest topics – Connect with up-to-date content that focuses on a new topic every month.



More resources – Get access to additional resources and self-help tools.



Content Library – Ongoing access to your favorite content.



Support for everyone – Share toolkits with those you think might find the information meaningful.

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