

# Workplace Mental Health Challenge

*Complete the three items on this checklist during May to be entered into a drawing!*

- Send an organization wide email with information on Mental Health Awareness Month, local resources, and workplace wellness tips
- Display a green light bulb throughout the month, shining a light on mental health
- Schedule a Be Seen in Green Day where everyone wears green

*Find tips for supporting employee mental health, workplace wellness ideas, and submit your completed card here*



TRI-COUNTY HEALTH NETWORK

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