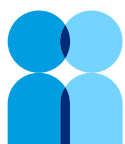


World Mental Health Day

October 10 is **World Mental Health Day**, a global reminder that our mental well-being is a vital part of our overall well-being.

Did you know that **1 in 5 people will experience a mental health challenge at some point in their lives?** That means many of us, our friends, or our colleagues may face challenges that aren't always visible.

We want you to know: **you're not alone, and it's okay to talk about it.** Just like we'd talk about physical health, mental health deserves open, stigma-free conversations in the workplace.



What can you do?

- Talk openly about mental health with friends and family.
- Take care of your mental health—get enough sleep, eat well, and stay active.
- Reach out if you're feeling sad, stressed, or overwhelmed.
- Support others who might be struggling.
- Learn more about mental health and how to help.



Here are a few additional resources and support options available to you:

- [NAMI](#) — Support, education, and resources for mental health awareness.
- [Seize the Awkward](#) — Resources and conversation starters to help break the stigma around mental health.

Even small steps—checking in with a colleague, using available resources, or taking a moment for yourself—can make a real difference.

Thank you for supporting one another and helping to make our workplace a safe and healthy environment for everyone.

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