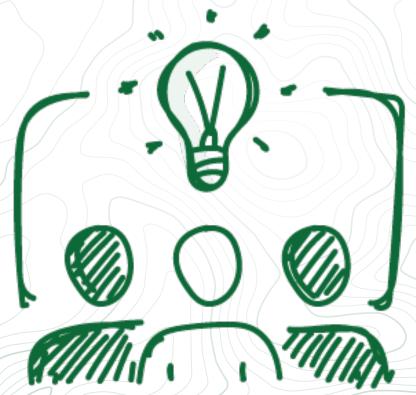


Mental Health Awareness
At Union Telephone

## **Branding Foundations**

Starts from the top – down.







## **Our Actions**



- Wellness Wednesdays and Mindfulness Mondays
- Features in our Newsletter
- Wellness Days
- Employee Engagement



## Partnering in our Communities

Collaborative Efforts: Invite mental health experts, community leaders, and business owners for discussions and conversations. Podcasts, blogs

Host Workshops and Seminars: Work with businesses to host workshops and seminars on stress management, mindfulness, or other mental health topics.

**Promote Mental Health Days:** Encourage businesses to recognize and support mental health days.

Educational Programs in Schools: Partner with businesses to sponsor mental health educational programs in local schools.







