



Brave Branding

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.



Together We Win

