



Mental Health Matters

Click on the icons below to explore campaign options to distribute to your employees.



Western Virginia Walking Challenge

April 1 - 30

This company-wide challenge encourages participants to walk 8k steps per day. [Complete the intake form by 3/13.](#)



Virtual Mental Health First Aid Training

Thursday, May 7

Invite managers to participate in this free certification program. [Registration is required](#) and space is limited.



NEW

Employee Mental Health Virtual Panel

Thursday, May 28

Employees may anonymously submit questions by 5/13. Registration is required.



Digital Detox Challenge

Anytime

Employees and their families can challenge themselves to adopt healthy practices.



“Stall Talk” Quarterly Well-Being Employee Flyer

Check out our new communication resource for employees to learn about point solutions and access well-being information. The flyer can be printed in various sizes and displayed in restrooms or breakrooms for convenient access. You may also share the flyer digitally or post it to your intranet.

