

Mental Health Communications Toolkit

Available in English & Spanish



Support your employees' mental and emotional well-being.



- Topics include:
 - Depression.
 - Anxiety.
 - Stress.
 - Sleep disorders.
 - Substance abuse.
 - **New!** Resilience.
 - Know where to go.
- Directs employees to:
 - Behavioral healthcare.
 - Employee Assistance Program (EAP).
 - Public resources.

To access the Mental Health Toolkit, click https://mma.marshmma.com/ntl_mental_health_toolkit