

wellbeing.

**Instructions:**

1. Access the toolkit [here](#) (X V L Q J \ R X U R U I D a d w p k w e l f o q \ L W W) access code.

2. 5 H Y L H Z W K L V P R Q W K \ V , w h i c h i n c l u d e s : H Q W W R R O N L W

- x Featured article on championing World Mental Health Day.
- x Featured article for men on being the kind of father you hope to be.
- x Featured article on bullying and how to prevent it.
- x Tips for helping youth navigate social media and online spaces safely.
- x Quick tips for combatting loneliness and isolation.
- x Interactive worksheet for nurturing your self-worth and practicing self-care.
- x Webinar from Calm (W K H Z R U O G \ V O H D, C a l m Y o u r M i n d C e n t e r l i v e @ W o r k S
- x Link for members to easily access their benefits portal.
- x Member training course (6 X S S R U W L Q J P H Q W D O K H D O W K F R Q F H U Q V L Q W
- x Manager training resources, including the podcast (3 % X O O \ L Q J D W Z R U N / H D G H U V V the mentally healthy Z R U N S O D F H )
- x Link for members to easily access their benefits portal.
- x Social media post template s (W R K H O S S U R P R W H W K L V P R Q W K \ V K H D O W K D your employees. Feel free to share on your internal communication platforms and via your own LinkedIn accounts as appropriate.

3. Share this information with your organization using the member communication.

As a reminder, we will be launching a new member toolkit each month with updated content and resources. In