



Mental Health Toolkit



American Institute for
Preventive Medicine



This toolkit will provide you with resources to promote
mental health & well-being within your organization.



Introduction

On behalf of the American Institute for Preventive Medicine, we want to thank you for your commitment to promoting mental health and well-being. Since 1983, AIPM has been committed to enhancing the lives of as many people as possible. While we have been very successful in improving the lives of so many, it's not lost on us that it's people like you that have made that success possible. This toolkit is yet another attempt to provide incredible resources, at no cost, to fulfil our mission of enhancing lives and allowing every individual to reach their full potential.

Thank you for joining us on this journey,

The team at AIPM



ABOUT AMERICAN INSTITUTE FOR PREVENTIVE MEDICINE

AIPM has been a leading provider of workplace well-being programs since 1983. It is highly regarded for its quality of programs, engagement strategy, and industry-leading customer support.

AIPM supports organizations of any size and any budget.

- Well-Being Platform
- Health Coaching
- Tobacco Cessation
- Mental Well-Being Programs
- Well-Being Communications
- Small Business Well-Being
- Live Virtual Workshops
- Well-Being Courses
- Health Library

You can learn more at **HealthyLife.com** or contact info@healthylife.com.



Email template

You can copy & paste this email to your population.

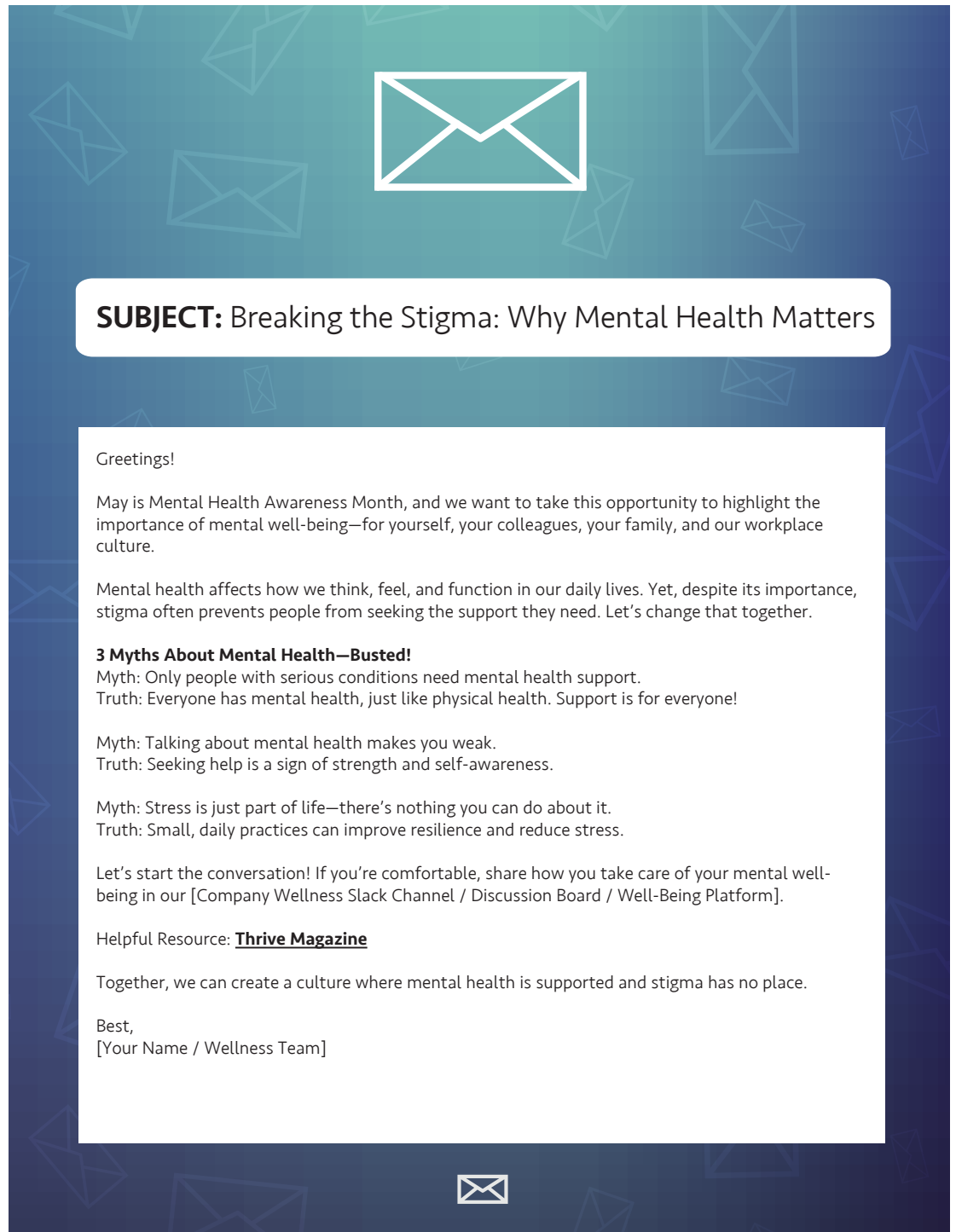
Feel free to modify the content.



Teams/Slack Message

Did you know? 1 in 5 adults experience a mental health challenge each year. Talking about mental health helps reduce stigma and create a supportive workplace. Let's break the silence together!

Thrive Magazine





Email template

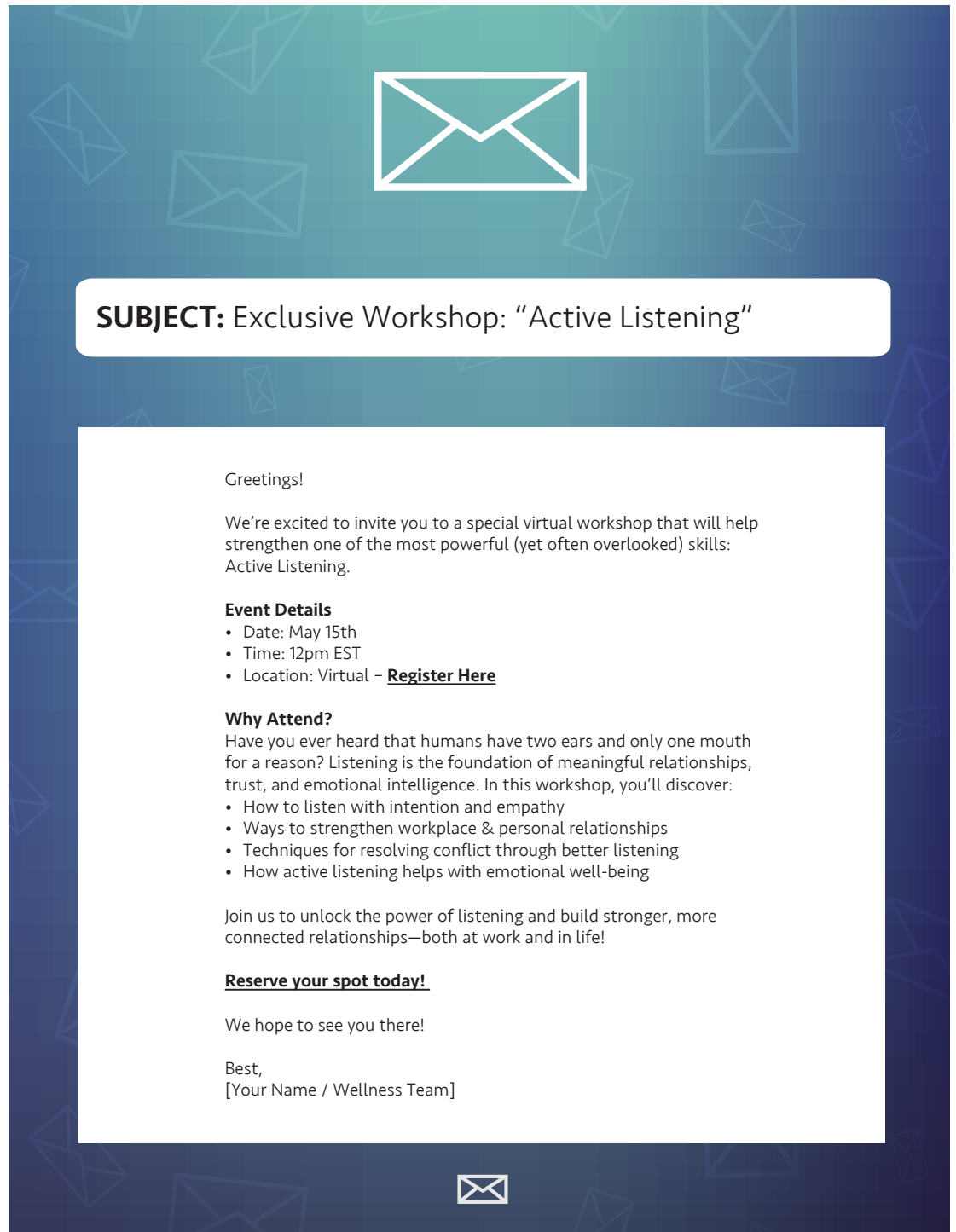
You can copy & paste this email to your population.

Feel free to modify the content.



Teams/Slack Message

Listening is a superpower! Join our virtual workshop on Active Listening to strengthen trust and relationships. May 15th at 12pm EST.
Reserve your spot now!





Email template

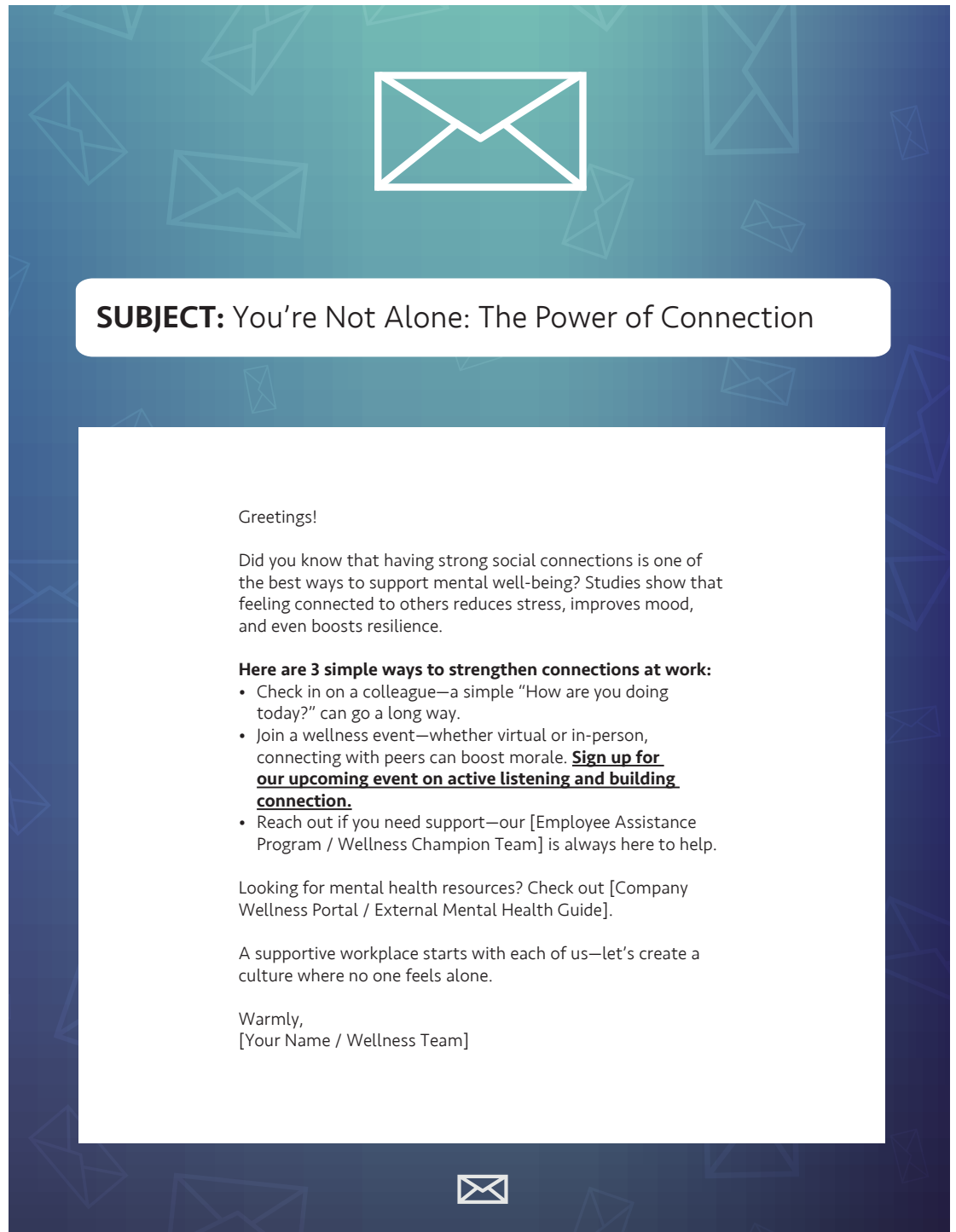
You can copy & paste this email to your population.

Feel free to modify the content.



Teams/Slack Message

A simple “How are you?” can make a difference. Check in with a coworker today—sometimes, the best support is just being there to listen. Need resources? **[Sign up for our upcoming event on active listening and building connection.](#)**





Email template

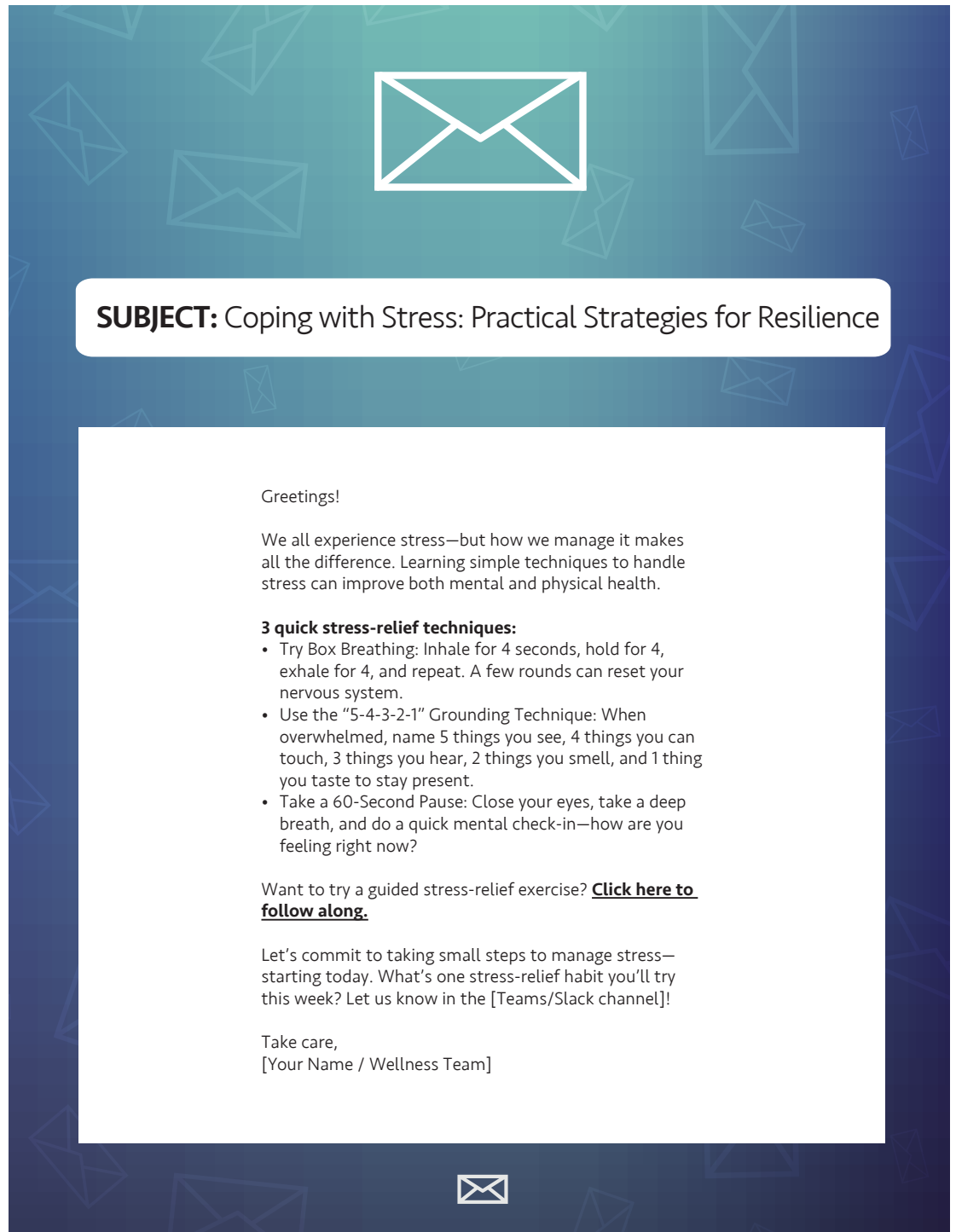
You can copy & paste this email to your population.

Feel free to modify the content.



Teams/Slack Message

Life is full of ups and downs, but resilience helps us bounce back! Developing a growth mindset, seeking support, and practicing self-care are key. What's your go-to stress reliever? [Click here for a quick breathing exercise.](#)





Email template

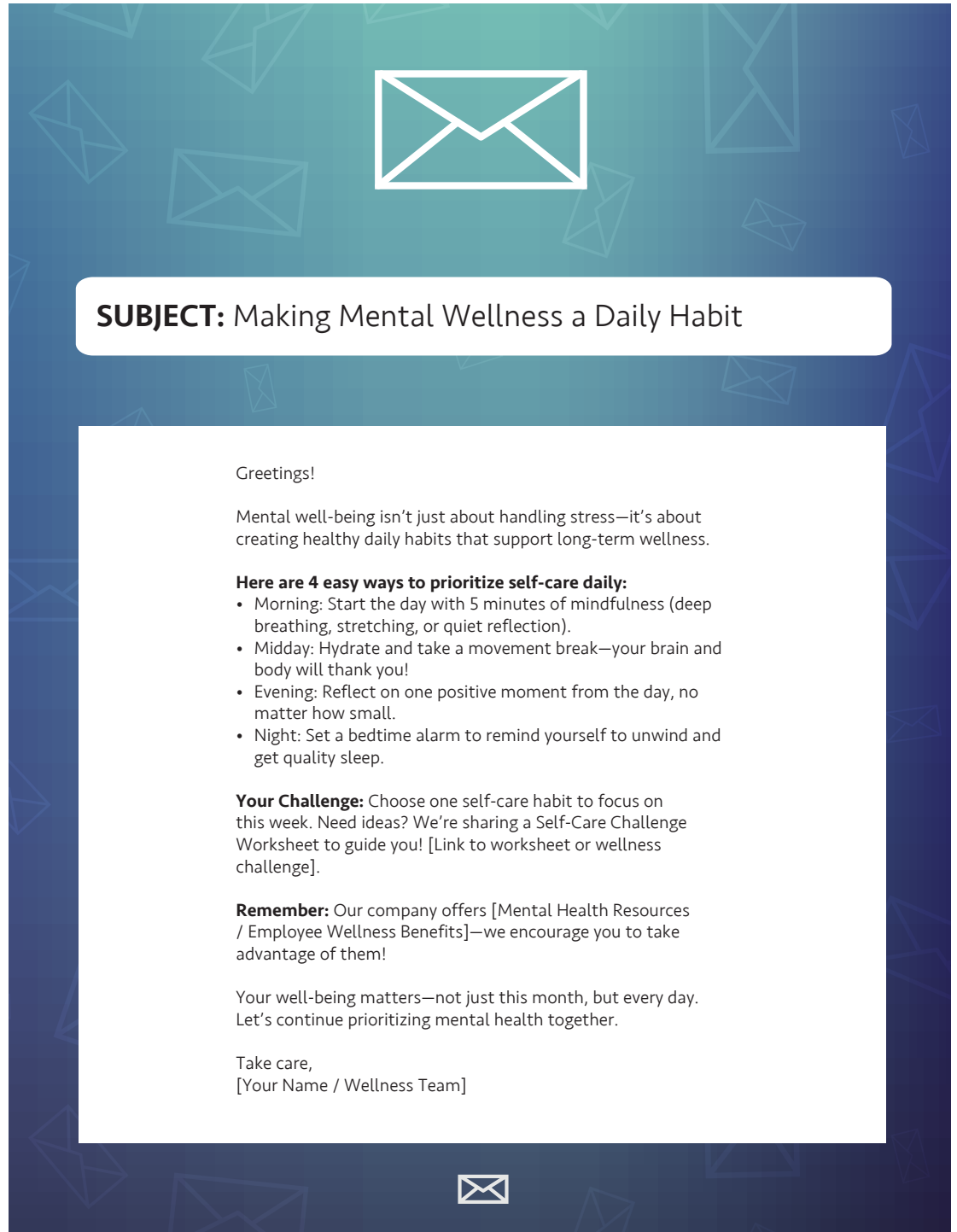
You can copy & paste this email to your population.

Feel free to modify the content.



Teams/Slack Message

Small steps = big impact! Taking short walks, practicing deep breathing, or setting boundaries can improve your mental well-being. What's one small habit you can commit to this week? **Try a quick guided stress-relief exercise.**





Live workshop

Active Listening

A Trust Building Superpower

Have you ever heard that humans have two ears and only one mouth for good reason? Being a good listener is a vital skill in building trust and meaningful relationships, resolving conflict, retaining information, and managing your emotions. This workshop will explore some simple and meaningful ways to improve your active listening skills.

**The workshop is Thursday,
May 15th at 12:00pm EST.**

REGISTER NOW



Resources

Share these resources with your team via email, Slack, Teams, intranet, social media or print.



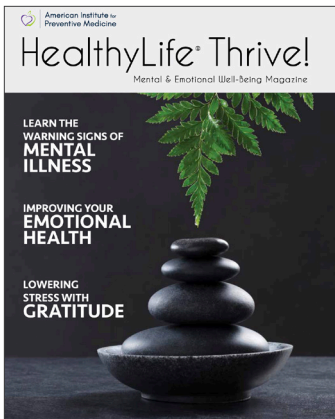
Talk About It Slide Deck

(Use on CCTV, portals, intranets, or as individual flyers/posters)



Build Resiliency Skills Slide Deck

(Use on CCTV, portals, intranets, or as individual flyers/posters)



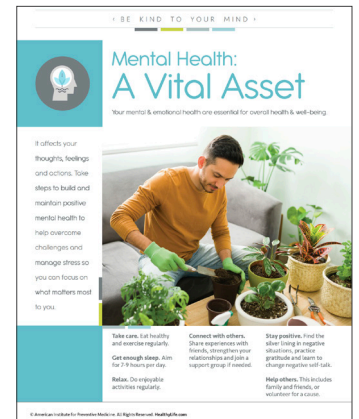
Mental & Emotional Well-Being Magazine



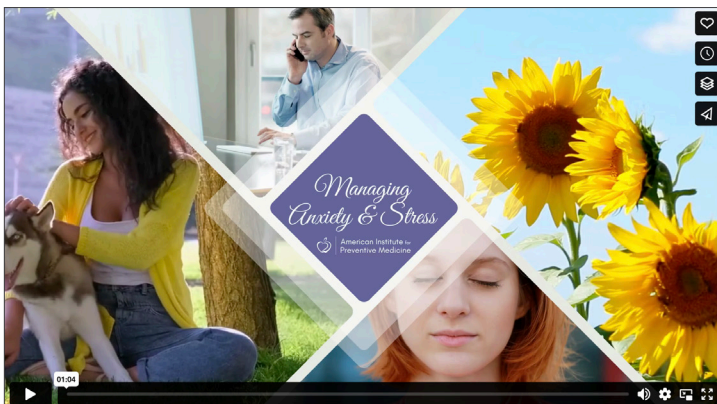
Poster: Helping Others, Helps You, Too



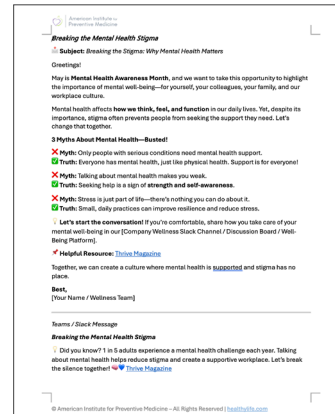
Poster: Strengthen Connections



Poster: Mental Health, A Vital Asset



Manage Anxiety & Stress Video



Email Templates



Live Workshop Poster