

World Mental Health Day


Available in ENG, JP, VN

The objective of this World Mental Health Day campaign is to raise awareness about the importance of prioritising mental health in the workplace. The goal is to engage employees with practical tools and resources from Intellect, encouraging them to take actionable steps toward improving their own wellbeing, fostering a mentally supportive work culture.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 10 October 2024

ENG

Copy	Images to attach
<p>♥ World Mental Health Day 2024 is all about taking action - "It's Time to Prioritise Mental Health in the Workplace." Now more than ever, creating supportive, mentally healthy environments at work is crucial.</p> <p>If you missed our wellbeing benefit Intellect's Mental Health Festival, you're in luck! You can still catch the recordings by clicking on the topics in the PDF attached. Learn practical ways to prioritise mental wellbeing at work and turn insights into action for yourself and your team.</p> <p>For ongoing support, Intellect's coaching services provide expert guidance to help you take meaningful actions based on what you learn. Book a session with an Intellect coach today to receive personalised advice tailored to your mental health journey!</p> <p>If you haven't already, visit Intellect Web (please hyperlink here) on your desktop. Sign up with your work email address and use the code [CODE]/continue with SSO (delete the non-applicable one) to create an account or log in to start booking a session.</p>	<p>Click on PDF version. Once this has opened up in a new tab on your browser, click on "Download" then select "Save" to save the image.</p> <p>PDF version</p>  <p>The image is a promotional graphic for Intellect's World Mental Health Day. It features the Intellect logo at the top left and the title "Conversations to Tune Into This World Mental Health Day" in the center. Below the title are nine topic cards arranged in two rows. The top row has four cards: "Leveling Up Workplace Culture: Bridging DEI, Wellbeing, and Dynamic Leadership", "Future-Proofing Wellbeing: Innovative Corporate Strategies for 2024 and Beyond", "Safeguarding Yourself and Your Employees from Burnout", and "Role-Specific Wellbeing: Designing Jobs that Support Growth and Resilience in Vietnam". The bottom row has five cards: "Building Your Personal Self-Care Plan", "Coaching vs. Therapy", "Casting the Spotlight on Emotions", "Diverse Minds, Shared Spaces: Creating Environments Where Everyone Can Thrive", and "Move, Eat, and Budget Better: Small Habits for a Holistically Better Life". At the bottom of the graphic is the URL "app.intellect.co".</p>

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 10 October 2024

JP

Copy	Images to attach
<p>♥世界メンタルヘルス・デー2024のテーマは「今こそ職場でメンタルヘルスを優先しよう」です。今まで以上に、協力的で健康な職場環境を作ることが重要視されています。</p> <p>このメールを受け取った方はラッキー！先日私たちが開催したメンタルヘルス・フェスティバルの録画を添付のPDFから見ることができます。職場で心のウェルビーイングを優先するための実践的なヒントを学び、自分自身やチームのために学びを行動に移しましょう。</p> <p>なお、Intellectのコーチングサービスでは、あなたが学びを通して有意義な行動を起こすお手伝いをします。今すぐIntellectのコーチとのセッションを予約し、あなたのメンタルヘルス・ジャーニーに合わせた個別アドバイスを受けてみましょう！</p> <p>まだの方は、デスクトップのIntellect Web (please hyperlink here)にアクセスし、勤務先のEメールアドレスでサインアップし、コード[CODE]/ continue with SSO (delete the non-applicable one)を使用してアカウントを作成、またはログインしてください。</p>	<p>Click on PDF version. Once this has opened up in a new tab on your browser, click on "Download" then select "Save" to save the image.</p> <p>PDF version</p> 

How to use: Copy the text below and attach the image as shown. Edit the text in **red** and delete the **yellow highlighted text**. Send over chat (e.g. Teams, Slack, etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 10 October 2024

VN

Copy	Images to attach
<p>♥ Đã đến lúc ưu tiên sức khỏe tâm thần tại nơi làm việc.” Hơn bao giờ hết, việc tạo ra môi trường làm việc có tính hỗ trợ và đảm bảo sức khỏe tâm thần là rất quan trọng hiện nay.</p> <p>Nếu bạn đã bỏ lỡ Ngày hội Sức Khỏe Tâm Thần của Intellect, bạn vẫn còn cơ hội! Bạn có thể xem lại các bản thu bằng cách nhấp vào các chủ đề trong tệp PDF đính kèm. Hãy học những cách thực tiễn để ưu tiên sức khỏe tâm thần tại nơi làm việc và biến những hiểu biết thành hành động cho bản thân cũng như đồng nghiệp của mình.</p> <p>Để nhận hỗ trợ liên tục, các dịch vụ khai vấn của Intellect cung cấp sự hướng dẫn chuyên nghiệp giúp bạn thực hiện những hành động ý nghĩa dựa trên những gì bạn đã học. Hãy đặt lịch hẹn với một nhà khai vấn của Intellect ngay hôm nay để nhận được lời khuyên cá nhân hóa phù hợp với hành trình sức khỏe tâm thần của bạn!</p> <p>Nếu bạn chưa làm, hãy truy cập trang web Intellect (please hyperlink here) trên máy tính của bạn. Đăng ký bằng địa chỉ email công việc và sử dụng mã [CODE] hoặc tiếp tục với SSO (delete the non-applicable one) để tạo tài khoản hoặc đăng nhập và bắt đầu đặt lịch hẹn.</p>	<p>Click on PDF version. Once this has opened up in a new tab on your browser, click on “Download” then select “Save” to save the image.</p> <p>PDF version</p> 