

Bonus Campaign: Mental Health Month

Available in English only

Mental Health Month this May centres around the theme of “community” and how being supported can benefit one’s mental wellbeing. This campaign aims to increase the sense of belongingness – leading to higher engagement, productivity, and overall wellbeing.

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, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 5 May 2025

Copy	Images to attach
<p>🧠 This May, we’re celebrating Mental Health Month, and this year, it’s all about “Community”. Ever wondered why it feels so good to be part of something? Belonging isn’t just a nice-to-have – it’s essential for our mental wellbeing.</p> <p>When we feel accepted and connected, our brains release feel-good chemicals like oxytocin and dopamine that help us feel grounded and supported.</p> <p>Check out tips from Intellect, our wellbeing benefit, on how to increase your sense of belonging.</p> <p>If you haven’t already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>🖥️ On Web</p> <ol style="list-style-type: none">1. Visit app.intellect.co (please hyperlink here)2. Enter access code CODE*/ Click "Continue with SSO"***3. Create your account using your work email address <p>📱 On App</p> <ol style="list-style-type: none">1. Select 'I'm new here', then 'With your organisation'2. Use the code CODE*/ Click "Continue with SSO"***3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version GIF version</p> 