

World Mental Health Day


Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

This October, we're celebrating World Mental Health Day with a campaign that aligns with its theme of "Access to Services: Mental Health in Catastrophes and Emergencies". It highlights that mental health support is always at hand, no matter what challenges individuals face.

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: 10 October 2025

English

Copy	Images to attach
<p>♥ Happy World Mental Health Day! Just like medicine and first aid, mental health support should be easily accessible, because sometimes we don't realise we need it until the moment comes.</p> <p>That's why knowing the kind of tools and support to reach for can make a big difference. This October, Intellect, our mental wellbeing benefit, is reminding us that help is always within reach – no matter what you're going through, you don't have to face the difficult moments alone.</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> 

Simplified Chinese

Copy	Images to attach
<p>♥世界心理健康日快乐！如同药物和急救一样，心理健康支持也应该易于获取，因为很多时候，我们只有在真正需要时才会意识到它的重要性。</p> <p>正因为如此，知道我们可以依赖哪些工具和支持就显得格外重要。这个十月，Intellect(我们的心理健康福利)提醒你：帮助就在身边——无论你在经历什么，都不必独自面对困境。</p> <p>如果还没用过Intellect，现在就用 电脑或手机 开始体验，预约辅导、关怀或整体健康 服务吧。</p> <p>电脑端</p> <ol style="list-style-type: none"> 1. 访问 app.intellect.co (please hyperlink here) 并点击“注册” 2. 输入访问码 CODE* / “使用 SSO 登录”** 3. 使用您的工作邮箱创建账户 <p>手机端</p> <ol style="list-style-type: none"> 1. 选择“I’m new here”，然后选择“With your organisation” 2. 输入访问码 CODE* / 点击“Continue with SSO”** 3. 使用您的工作邮箱注册 <p>*请使用您公司/机构的专属访问码 **仅适用于已启用 SSO 单点登录的公司/机构</p>	<p>Select either the PNG version or PDF 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</p>

Traditional Chinese

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<p>♥世界心理健康日快樂！就像醫療和急救一樣，心理健康的支援也應該是隨時可獲得的，因為很多時候，我們只有在真正需要時才會意識到它的重要。</p> <p>因此，知道該尋求哪些工具與協助，可以帶來很大的不同。這個十月，Intellect(我們的心理健康福利)提醒你：幫助始終近在咫尺——無論你正在經歷什麼，都不必獨自面對困難時刻。</p> <p>如果您們還沒有準備好，現在就透過 電腦/手機 使用 Intellect，預約輔導/關懷/全面 課程吧！</p> <p>網頁版</p> <ol style="list-style-type: none"> 1. 瀏覽 app.intellect.co (please hyperlink here) 然後按一下「註冊」 2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」** 3. 使用你的工作電子郵件創建帳戶 <p>App版</p> <ol style="list-style-type: none"> 1. 選擇「I’m new here」，然後選擇「With your organisation」 2. 輸入登入代碼 CODE* / 點擊「Continue with SSO」** 3. 使用你的工作電子郵件創建帳戶 <p>*請使用你所在企業的唯一登入代碼 **只限支持單一登入的企業</p>	<p>Select either the PNG version or PDF 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</p>

Thai

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<p>♥ สุขสันต์วันสุขภาพจิตโลก! การดูแลสุขภาพจิตเหมือนกับยาหรือการปฐมพยาบาล นั่นคือ ควรเข้าถึงได้ง่าย เพราะบางครั้งเรามักไม่รู้ตัวว่าจำเป็นต้องใช้จนกว่าจะถึงเวลานั้น</p> <p>เพราะฉะนั้น การรู้ว่ามีเครื่องมือและการสนับสนุนอะไรบ้างที่เราสามารถพึ่งพาได้จึงสำคัญมาก ในเดือนตุลาคมนี้ Intellect บริการสิทธิประโยชน์ด้านสุขภาพจิตของเรา อยากเตือนคุณว่า ความช่วยเหลืออยู่ใกล้แค่เอื้อม—ไม่ว่าคุณจะมีอาการอะไรอยู่ คุณไม่จำเป็นต้องเผชิญช่วงเวลาที่ยากลำบากเพียงลำพัง</p> <p>หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน เดสก์ท็อป/ โน้ตบุ๊ก เพื่อเริ่มต้นการจองเซสชัน การฝึกสอน/ การดูแล/ องค์กรร่วม</p> <p>🖥️ ผ่านเว็บไซต์</p> <ol style="list-style-type: none"> 1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก “สมัครใช้งาน” 2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO”** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p>📱 ผ่านแอป</p> <ol style="list-style-type: none"> 1. เลือก “I’m new here” ตามด้วย “With your organisation” 2. ใช้รหัส CODE*/ คลิกที่ “Continue with SSO”** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ **สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</p>	<p>Select either the PNG version or PDF 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</p>
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Vietnamese

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<p>♥ Chúc mừng Ngày Sức khỏe Tinh thần Thế giới! Cũng giống như thuốc men hay sơ cứu, hỗ trợ sức khỏe tinh thần phải là điều dễ dàng tiếp cận bởi nhiều khi chúng ta không nhận ra mình cần cho đến khi những khoảnh khắc đó xuất hiện.</p> <p>Đó là lý do tại sao việc biết cách tìm đến những công cụ và sự hỗ trợ phù hợp lại quan trọng đến vậy. Tháng 10 này, Intellect – quyền lợi sức khỏe tinh thần của chúng ta – nhắc bạn rằng sự giúp đỡ luôn ở trong tầm tay. Cho dù đang phải trải qua điều gì, bạn cũng không phải đối mặt với những lúc khó khăn một mình.</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <p>🖥️ Trên máy tính</p> <ol style="list-style-type: none"> 1. Truy cập app.intellect.co (please hyperlink here) và nhấp vào “Đăng ký” 2. Nhập mã truy cập CODE* / Nhấn “Tiếp tục với Đăng nhập một lần (SSO)”** 3. Tạo tài khoản bằng email công việc của bạn <p>📱 Trên ứng dụng</p> <ol style="list-style-type: none"> 1. Chọn “I’m new here”, sau đó chọn “With your organisation” 2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO”** 3. Đăng ký bằng email công việc của bạn <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp **áp dụng cho tổ chức dùng SSO</p>	<p>Select either the PNG version or PDF 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</p>

Japanese

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<p>♥今日は世界メンタルヘルスデーです。薬や応急処置と同じように、メンタルヘルスのサポートも、必要だと気づいたその瞬間にすぐに手に届くものであることが大切です。</p> <p>だからこそ、どんなツールやサポートを利用できるのかを知っておくことが、大きな安心につながります。福利厚生サービス「Intellect」は、サポートがいつでも身近にあることを改めてお伝えします。どのような状況でも、困難な瞬間を一人で抱え込む必要はありません。</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホから コーチング / ケア / ホリスティック セッションをご予約ください。</p> <p>🖥️ ウェブ版</p> <ol style="list-style-type: none"> 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリック 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してアカウントを作成 <p>📱 アプリ版</p> <ol style="list-style-type: none"> 1. 「アカウントを作成」を選択し、「組織コード」を選択 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してサインアップ <p>*組織固有のアクセスコードを使用してください。 **SSOを持つ組織のみ</p>	<p>Select either the PNG version or PDF 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</p>

Korean

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<p>♥세계 정신 건강의 날을 축하합니다! 약이나 응급 처치처럼, 정신 건강 지원도 언제든지 쉽게 이용할 수 있어야 합니다. 많은 사람들이 그 순간이 닥쳐야 정신 건강의 필요성을 깨닫게 되기 때문입니다.</p> <p>그렇기 때문에 어떤 도구와 지원을 활용할 수 있는지 알아야 큰 차이를 만들 수 있습니다. 이번 10월, 정신 건강을 지원하는 Intellect가 도움이 언제나 가까이에 있다는 사실을 다시 한번 알려드립니다. 어떤 어려움을 겪고 있든, 힘든 순간을 혼자 감당하지 않으셔도 됩니다.</p> <p>아직 하지 않으셨으면 컴퓨터 / 모바일 기기에서 Intellect로 시작하여 코칭 / 케어 / 종합 세션 예약을 시작해 보세요.</p> <p>🖥️ 웹 버전</p> <ol style="list-style-type: none"> 1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다 2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다 <p>📱 앱 버전</p> <ol style="list-style-type: none"> 1. “I’m new here”를 선택한 다음, “With your organisation”을 선택합니다 2. 활성화 코드 CODE를 사용합니다*/ “Continue with SSO”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 가입합니다 <p>*조직의 고유 활성화 코드를 사용하십시오 **SSO를 사용하는 조직만 해당합니다</p>	<p>Select either the PNG version or PDF 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</p>

Bahasa Indo

Copy	Images to attach
<p>♥ Selamat Hari Kesehatan Mental Dunia! Seperti halnya obat dan pertolongan pertama, dukungan kesehatan mental harus mudah diakses, karena sering kali kita baru sadar membutuhkannya ketika saat momen itu tiba.</p> <p>Itulah mengapa penting untuk tahu alat dan dukungan apa saja yang bisa kita andalkan. Di bulan Oktober ini, Intellect – manfaat kesejahteraan mental kami – mengingatkan bahwa bantuan selalu ada di dekat kita. Apa pun yang sedang kita hadapi, kita tidak perlu menghadapi masa-masa sulit sendirian.</p> <p>Jika belum, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</p> <p>Di Web</p> <ol style="list-style-type: none">1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Lanjutkan"2. Masukkan kode akses KODE*/ Klik "Lanjutkan dengan SSO"***3. Buat akun menggunakan alamat email kantor Anda <p>Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih "I'm new here", lalu "With your organisation"2. Masukkan kode akses KODE*/ Klik "Continue with SSO"***3. Daftar menggunakan alamat email kantor Anda <p>*harap gunakan kode akses unik organisasi Anda **hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG version or PDF 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</p>

Spanish

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<p>♥ ¡Feliz Día Mundial de la Salud Mental! Al igual que las medicinas o los primeros auxilios, el apoyo en salud mental debería estar siempre al alcance, porque muchas veces no nos damos cuenta de que lo necesitamos hasta que llega el momento.</p> <p>Por eso es tan importante saber qué herramientas y apoyos tenemos disponibles. Este octubre, Intellect, nuestro beneficio de bienestar mental, te recuerda que la ayuda siempre está cerca. No importa lo que estés viviendo, no tienes que enfrentar los momentos difíciles solo/a.</p> <p>Si aún no lo has hecho, comienza con Intellect en tu computadora o celular y agenda tu sesión de coaching/ bienestar/ cuidado holístico.</p> <p>En la web</p> <ol style="list-style-type: none">1. Visita app.intellect.co. (please hyperlink here) y haga clic en "Inscribirse"2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO"***.3. Crea tu cuenta con tu correo electrónico laboral. <p>En la app</p> <ol style="list-style-type: none">1. Selecciona "I'm new here" y luego "With your organisation".2. Ingresa el código CODE* o selecciona "Continue with SSO"***.3. Regístrate con tu correo electrónico laboral.	<p>Select either the PNG version or PDF 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</p>

***Usa el código único de acceso de tu empresa.**
****Solo para empresas con SSO.**

Portuguese (Brazilian)

Copy	Images to attach
<p>♥ Feliz Dia Mundial da Saúde Mental! Assim como remédios e primeiros socorros, o apoio em saúde mental precisa estar facilmente acessível, porque muitas vezes só percebemos que precisamos dele quando já estamos sofrendo.</p> <p>É por isso que saber quais ferramentas e apoios buscar faz tanta diferença. Neste mês de outubro, o Intellect – nosso benefício de bem-estar mental – lembra você que o suporte está sempre ao seu alcance. Não importa o que você esteja passando, você não precisa enfrentar os momentos difíceis sozinho(a).</p> <p>Se você ainda não o fez, comece a usar o Intellect no desktop/ celular e agende uma sessão de treinamento/ cuidados/ holística.</p> <p>🖥 Na Internet</p> <ol style="list-style-type: none">1. Acesse app.intellect.co (please hyperlink here) e clique em "Cadastrar-se"2. Insira o código de acesso CÓDIGO*/ Clique em "Continuar com o SSO"***3. Crie sua conta usando seu endereço de e-mail de trabalho <p>📱 No aplicativo</p> <ol style="list-style-type: none">1. Selecione "I'm new here" e em seguida "With your organisation"2. Utilize o código CÓDIGO*/ Clique em "Continue with SSO"***3. Registre-se usando seu endereço de e-mail de trabalho <p>*use o código de acesso exclusivo da sua organização **somente para organizações com SSO</p>	<p>Select either the PNG version or PDF 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</p>

Bahasa Melayu

Copy	Images to attach
<p>♥ Selamat Hari Kesihatan Mental Sedunia! Sama seperti ubat-ubatan dan bantuan kecemasan, sokongan kesihatan mental juga perlu mudah dicapai, kerana sering kali kita hanya sedar ia penting apabila saat itu tiba.</p> <p>Sebab itulah penting untuk tahu sokongan dan alat apa yang boleh kita gunakan. Bulan Oktober ini, Intellect, manfaat kesejahteraan mental kami, mengingatkan bahawa bantuan sentiasa ada dalam jangkauan. Tidak kira apa yang sedang anda lalui, anda tidak perlu harungi detik sukar seorang diri.</p> <p>Jika anda belum bermula, dapatkan Intellect pada komputer/ alat mudah alih anda untuk menempah sesi bimbingan/ penjagaan/ menyeluruh.</p> <p>🖥 Di Web</p> <ol style="list-style-type: none">1. Lawati app.intellect.co (please hyperlink here)2. Masukkan kod akses CODE*/ Klik "Continue with SSO"3. Cipta akaun menggunakan alamat e-mel kerja anda <p>📱 Di Aplikasi</p>	<p>Select either the PNG version or PDF 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</p>

1. Pilih 'Saya pengguna baru', kemudian 'Dengan organisasi anda'
2. Masukkan kod CODE*/ Klik "Continue with SSO"
3. Daftar menggunakan alamat e-mel kerja anda

*sila gunakan kod akses unik organisasi anda
**hanya untuk organisasi dengan SSO