

Hey Team Leads,

Thank you for taking the initiative to champion mental wellbeing in our organisation! Together with Intellect, our wellbeing benefit, we're sharing relevant and ready-to-use resources (posters, infographics, short-form videos, etc.) designed to spark conversations, normalise mental health, and make wellbeing support feel accessible to everyone.

With your help, let's continue to create a workplace where every team member feels supported and encouraged to care for their mental wellbeing.

Share the resources with your teams through:

Internal chat groups (e.g., WhatsApp, Slack, Telegram, etc.)

Send short infographics or bite-sized videos.
E.g., Share a self-care resource in your chat group every Monday to help your team start the week on a positive note.

Team briefings or toolbox talks

Pick a relevant resource and use it to kick off weekly briefings.
E.g., Discuss quick stress management tips and ask the team what helps them unwind after work

Staff newsletter/notice boards

Pin posters or infographics on notice boards or include them in staff newsletters.

On-site digital screens or shared spaces

Play bite-sized videos or display posters in common areas such as break rooms, changing rooms, etc.