

# Workplace Mental Health Sample CEO Letter

Dear Colleagues,

I want to take a moment to acknowledge the perseverance, resilience and adaptability you all have shown through a climate of continuously evolving challenges. We recognize that stressors from inflation, political division and economic uncertainty continue to exert a toll on our collective mental health and well-being, and the ways we show up to work. With stress and burnout at an all-time high across the nation, we want you to know that you are not alone. At **[Company name]** we are committed to taking action to address these impacts.

That's why **[Company name]** has joined as an official partner of **Mental Health Action Day**, a global movement to shift the culture of mental health from awareness to action. This year, on May 18th, Mental Health Action Day calls on each of us to take **one hour** of mental health action for ourselves, our loved ones or our communities.

To empower your participation, we will **[Insert your company's plans for Mental Health Action Day, specifying that employees will have protected time during the workday to participate in the hour of action. Find inspiration from our MHAD Employer Planning Guide's science-backed recommendations for company action and share the mental health benefits of your company action plan].**

We understand that a culture of mental well-being at work goes beyond one hour of action. Real change happens through sustained, committed effort. That's why we are using our one hour action for Mental Health Action Day as a launch point for a new company initiative to **[Insert company mental health commitments for 2023. Please reference the Workplace Mental Health Playbook or MHAD Employer Planning Guide for ideas].**

We encourage you to use the resources already available to you. Mental Health Action Day serves as an important time to remind you that **[Company name]** offers **[Insert company mental health offerings such as policies, employee resource groups and other mental health benefits]**. If you ever need immediate support or want to speak with a trained counselor, **[add here specific information about your company's EAP program or on-site mental health support contact.]**

Mental health is critical to our success as individuals and as a company, and it's important that we take care of ourselves and each other. So mark your calendars for **Thursday, May 18th**, and let's take action together.

Sincerely,

**[Name of CEO or other trusted leader]**