

## **Quick Tips to Support Your Employees' Mental Health**

1. Purchase an Employee Assistance Program.
2. Reevaluate your time-off policies: Paid Time Off, Sick Time, Bereavement, Holidays, Birthdays, Mental Health Days, and any policies required by law.
3. Provide an Employee Stipend Program for Mental Health and Wellness. Ex. \$150 per month to apply to mental health and wellness.
4. Plan an Employee Staff Retreat.
5. Disconnect employees from IT access while taking time off, encouraging them not to work while out.