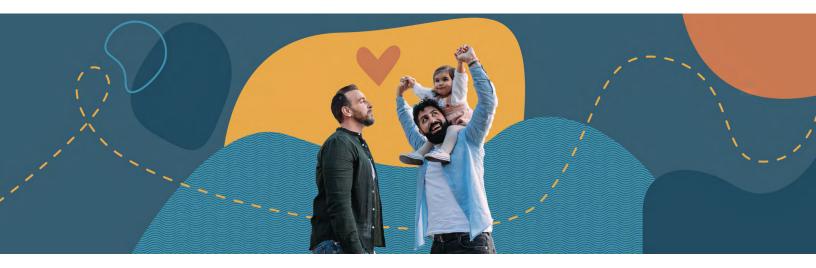
>uprisehealth



APRIL 2023

Monday, April 3

April's newsletter on **ADHD** is released through email. <u>Sign-up for our monthly</u> <u>newsletter</u> if you haven't already and share with your organization.

Thursday, April 6

Release the **Celebrate Pride**, **Health**, **& Happiness with Uprise Health!** email to employees through any internal communication platform you use.

Wednesday, April 12

Share the **We Help by Supporting You!** material pieces with your organization.

Tuesday, April 18

Share the **Find Support for Success** with ADHD material piece with your organization.

Tuesday, April 25

Share the Visit the Uprise Health Digital Platform Today! material pieces with your organization.

Friday, April 28 Share the Be an Advocate for Mental Health in May material piece with your organization.

MAY 2023

Monday, May 1

May's newsletter on **Mental Health** is released through email. <u>Sign-up for our</u> <u>monthly newsletter</u> if you haven't already and share with your organization.

Wednesday, May 3

Share the May is Mental Health Awareness Month material pieces with your organization.

Tuesday, May 16

Share the **Stressed**, **Overwhelmed**, **Trouble Coping?** material piece with your organization.

Thursday, May 25

Share the **Check-In with Yourself** material pieces with your organization.

JUNE 2023

Thursday, June 1

June's newsletter on **Self-Esteem** is released through email. <u>Sign-up for our</u> <u>monthly newsletter</u> if you haven't already and share with your organization.

Wednesday, June 7

Share the **Reach Out for Support** material pieces with your organization.

Thursday, June 15

Share the **Self-Esteem Boosting Made Easy** material pieces with your organization.

Wednesday, June 21

Share the **LGBTQ+ Support & Resources** material pieces with your organization.

All the above material pieces mentioned can and **should** be shared with your organization through internal communication platforms, on social media, and placed in a break room or employees' desks.