

# Mental Health Ready-Made Email Templates

Use the following emails to encourage your employees to take care of their mental health throughout the year and remind them of the tools available to them on their online account at [BCBSND.me](https://BCBSND.me).

## **Email 1 – General Reminder**

Subject Line: Don't Forget About Your Mental Health

Hi everyone,

As we continue to navigate the challenges and demands of our work, it's essential to remember the importance of taking care of our mental health. Your well-being is a priority, and we want to ensure that you have the support and resources you need.

Mental health is just as important as physical health, and taking steps to maintain it can lead to a happier, more productive life. We encourage you to check [BCBSND.me](https://BCBSND.me) where you can find tools, resources and providers that come with your health benefits and can help you prioritize your mental well-being.

## **Email 2 – Seasonal Changes**

Subject Line: Supporting Your Mental Health During Seasonal Changes

Hi everyone,

As the seasons change, it's not uncommon for some of us to experience shifts in our mood and energy levels. Seasonal affective disorder (SAD) is a type of depression that occurs at certain times of the year, typically in the fall and winter months. We want to ensure that everyone feels supported and has access to resources that can help during these times.

If you're feeling a little off or not quite yourself, please check [BCBSND.me](https://BCBSND.me) where you can find tools, resources and providers that come with your health benefits and can help you manage the winter blues.

## **Email 3 – Mental Health Awareness Month**

Subject Line: Try These Tools During Mental Health Awareness Month

Hi team!

As we observe Mental Health Awareness Month, it's a great opportunity to remember how important it is to maintain your mental health. Like the engine in a car, taking care of your mental health can lead to a smoother, more productive journey.

We encourage you to use tools, resources and providers on [BCBSND.me](https://bcbsnd.me) that can help steer your mental health in the right direction. Remember, it's okay to ask for help and take time for yourself. Your mental health matters, and we are here to support you every step of the way.

## **Email 4 – Holiday Season**

Subject Line: Take Care Of Your Mind This Holiday Season

Hi everyone,

As the holiday season approaches, it's a time for celebration, reflection and spending time with loved ones. However, it can also be a time of increased stress and emotional challenges. We want to remind you of the importance of taking care of your mental health during this busy season.

If you're feeling the holiday crunch or noticing a change in your overall mood, please check out [BCBSND.me](https://bcbsnd.me). It can help you find providers and offers tools that support your mental health. Remember, it's important to take care of yourself and seek help if needed. Your mental health matters.