**Education/Awareness**
- Lunch & Learn
- NAMI In Our Own Voice presentation
- Recognize calendar events (May, etc.)
- Break room “break” info
- Facts/stats via employee communication
- Desk drops—with information on mental health
- NAMI flyers in common areas
- Internal emails 2-4x/year to provide info
- Social media posts during Mental Health Month, Mental Illness Awareness Week
- HR benefits review meetings, with mental health focus
- Offer stress relievers, i.e. SlooMoo slime,* fitbit items, etc.

**Action to Imprint**
- Map “walking meeting” paths
- Participate in NAMIWalks
- Initiate/host corporate events
- Designate mental wellness “space”
- Initiate mental health day “pass”
- Engage in cause marketing/fundraise
- Offer massages and acupuncture during Mental Health Month
- Ensure EAP inclusion of mental health efforts
- Offer Cheer Boxes*
- Offer Pop-Up Employee breaktimes*
- Host mental health speakers series

**Culture Change/Commit**
- CEO and top leadership publicly/internally embrace mental health
- Review/revise mental health benefits
- Provide on-site health care (therapist)
- Ensure adequate mental health care network
- Confirm mental health parity in plans
- Expand EAP in areas of mental health
- Embrace collaborative care models
- Expand/offer telepsychiatry
- Embrace American Institute of Architect's Wellness Standards
- Embrace mental health causes/NAMI within CSR efforts
- Sponsor the NAMIWalks

---

* Cheer Box—custom care gift boxes for employees, inclusive of Mental Happy cheerbox.com
* Motivation Mobile—offering pop-up employee breakout experiences to promote a positive mental health culture, including puppy petting pods, neurosensory pods, sandbox and coloring pods, massage and breathing pods, grandma hugs pod and more motivationmobile.com
* Sloomoo Institute offers interactive experiences, corporate events and slime products for emotional wellness. sloomooinsitute.com