



## Walk

### 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,\* figit items, etc.



## Jog

### 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 Employeed breaktimes\*
- › Host mental health speakers series



## Run

### 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](http://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](http://motivationmobile.com)

\* Sloomoo Institute offers interactive experiences, corporate events and slime products for emotional wellness. [sloomooinstitute.com](http://sloomooinstitute.com)