



APRIL 2023

Monday, April 3

April's newsletter on **ADHD** is released through email. [Sign-up for our monthly newsletter](#) 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 Member Portal 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. [Sign-up for our monthly newsletter](#) 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. [Sign-up for our monthly newsletter](#) 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.*