



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 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. [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.*