

BE WELL RESOURCES



- [Let's Talk Toolkit: Creating a Supportive Workplace for Employee Mental Health - Manager and Supervisor Edition](#) - Use the Let's Talk Toolkit to support mental health awareness in the workplace. This edition contains specific tools and resources for managers and supervisors.
- [Mentally Preparing for Retirement](#): Use these worksheets to emotionally prepare for retirement.
- [Let's Talk Self-Care Challenge](#): Use this 8-week self-care challenge to support your mind, body, and spirit while creating your own self-care routine.
- [Be Well Coloring Book](#): Use this coloring book to reduce stress, relax your brain and have fun.
- [Managing Stress During COVID-19](#): Use these tips to cope with stress during challenging times.
- [Better Sleep During Stressful Times](#): Use these tips to set yourself up for a sound night's sleep.
- [Breathing Exercise for Relaxation and Focus](#): Try this brief exercise to calm and center your mind.
- [Challenging Irrational Thoughts](#): Use this worksheet to assess and change negative thought patterns.
- [Building Blocks of Resilience](#): Use this worksheet to make a plan to cultivate resilience in your life.
- [Live Purposefully: 9 Steps to a Meaningful and Valued Life](#): Use these tips to find meaning and value in your daily life.
- [Improving Mind-Body Wellness Through Mindful Movement](#): Try these exercises to strength your mind-body connection.



Additional City Mental Health Resources



NYC Employee Assistance Program (EAP)

- Free and confidential support for employees and their families.
- Onsite support following crises at the workplace.
- 212-306-7660 | eape@lr.nyc.gov | nyc.gov/eap

NYC Well

- Free and confidential 24/7 mental health support for you or someone you care about.
- 888-NYC-WELL | Text WELL to 65173 | Chat nyc.gov/nycwell
- [Digital app library](#).

Texting and live chat services are available in English, Spanish and Traditional Chinese. Free over-the-phone interpretation services are available in more than 200 languages.



Just Five

1 in 3 people is affected by addiction or mental health issues. Just Five delivers – in just five minutes per lesson – the most important concepts and facts regarding addiction.

Visit on.nyc.gov/justfive to learn more.

