

Greetings and best wishes for the New Year!

Thank you for believing in our mission and supporting our efforts.

In 2025, we are proud to lead the charge in creating a supportive mental health environment. Since our founding, our mission has been to raise awareness and empower communities. We've certified 100+ individuals in Mental Health First Aid across faith communities, workplaces, schools, and homes, with efforts expanding beyond Louisiana. In 2025, we will continue to reach new milestones and further expand our impact to strengthen our commitment to mental health advocacy, awareness and support.

*The facts remain and our goals remain steadfast:*

- Suicide is the 3rd leading cause of death for Louisianas age 10-14 and 25-34.
- Suicide deaths have increased fastest among people of color, younger individuals, and people who live in rural areas.
- 1 in 5 adults experienced a mental health condition annually
- 1 in 6 youths experienced a major depressive episode
- 47.5% of adults in Louisiana reported symptoms of anxiety and depression

With reinforced determination our goals will achieve meaningful change through:

- **Empowering for Change:** Offering Mental Health First Aid courses and awareness training to equip community members to respond effectively.
- **Stigma Reduction:** Every conversation brings us closer to breaking the silence around mental health, especially in small and rural towns.
- **Self-Help Resources:** Providing accessible support resources to empower individuals to manage their mental health proactively.
- **Covering Therapy Costs:** Covering the cost of professional therapy visits for someone in need, ensuring access to critical mental health care.
- **Sponsoring Awareness Events:** Hosting and co-hosting events to bring education and open dialogue to the forefront, creating spaces for youth and adults to share and learn.

Your support fuels our commitment to championing the challenge to help through increasing awareness for lasting change. Every step we take in this race brings us closer to a future where mental health is better understood, supported, and prioritized.

For mental health opportunities to raise awareness, contact us today! You can request our one-hour lunch-hour awareness session and/or our 8-hour certification training to gain valuable skills and knowledge. Additionally, consider this year joining us in October for the 8th Annual Virtual Flex-Time 5K. This is a fun and flexible event with participants in several states and recently as far as England, Nigeria, and Indonesia.

I've attached a *Work-Life Balance* resource.

Together, we'll build a culture of awareness, better understanding and compassion.

Sincerely yours,

Laura F. Brown  
 contactbeethe1@gmail.com

6 January 2025



## 8th Annual Virtual Flex-Time 5K

October 18 - 28, 2025

Registration Opens 09/18



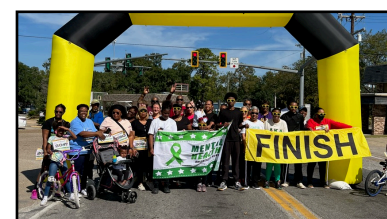
MHFA Zoom Class



Poster High Schools



Neighborhood Toy Drive & MH Awareness



Community Awareness Walk/Run

# THANK YOU FOR PROMOTING A HEALTHY WORK-LIFE BALANCE

EMPLOYERS PLAY A CRUCIAL ROLE IN SUPPORTING THE MENTAL HEALTH AND WELL-BEING OF THEIR EMPLOYEES. HERE ARE FOUR TIPS FOR EMPLOYERS TO HELP FOSTER A HEALTHY WORK ENVIRONMENT AND PROMOTE MENTAL WELLNESS:

## “ Promote a Healthy Work-Life Balance ”

- **Encourage Time Off:** Encourage employees to take their vacation days and personal time off to recharge. Foster a culture where taking breaks is seen as a sign of strength, not weakness.
- **Offer Flexible Work Arrangements:** Provide options for flexible working hours, remote work, hybrid models, allowing employees to manage their work and personal lives more effectively.

## “ Implement Stress-Relief Initiatives ”

- **Offer Mental Health Resources:** Provide access to workshops, training, or seminars focused on stress management, mindfulness, and resilience-building.
- **Create a Relaxing Workspace:** Ensure that the physical workspace is comfortable and supportive of mental well-being. Consider providing spaces for relaxation, quiet rooms, or areas for employees to unwind.

## “ Create an Open and Supportive Environment ”

- **Normalize Mental Health Conversations:** Create a culture where discussing mental health is open and accepted. Encourage employees to talk about mental health without fear of stigma.
- **Provide Access to Support:** Offer resources like Employee Assistance Programs (EAPs), counseling services, or mental health days to help employees manage stress and personal challenges.

## “ Foster Positive Workplace Relationships ”

- **Encourage Team Building:** Organize regular team-building activities or social events that help employees form stronger bonds with each other, creating a supportive and connected workplace.
- **Provide Opportunities for Peer Support:** Encourage mentorship and peer support programs, where employees can connect with others for guidance and camaraderie.

BY IMPLEMENTING THESE STRATEGIES, EMPLOYERS CAN SIGNIFICANTLY CONTRIBUTE TO THE MENTAL HEALTH AND PRODUCTIVITY OF THEIR EMPLOYEES, FOSTERING A POSITIVE AND THRIVING WORKPLACE CULTURE.

CALL - TEXT - CHAT **988** NATION WIDE LIFE LINE  
SUICIDE PREVENTION