

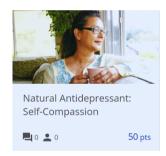
## Seattle Sheds Light Mental Health Awareness Month

## **REACH WELL-BEING ACTIVITIES**

Log in and explore the <u>Reach Well-being Program</u> to expand your mental health knowledge. New Seattle Sheds Light on Mental Health activities are be available **May 2 thru June 16** to support you.









## **Choose from 14 new activities including**

- Lifeline 988 Coming Soon
- Natural Antidepressant: Growth Mindset
- Navigating the Anxiety Loop
- Pain and Your Brain
- o and MUCH MORE...

## Take Reach on the go with the Limeade App





Enter Code: SEATTLE