

## NEMEA Mental Health Session World Mental Health Day

Dear Colleagues,

Today is World Mental Health Day and we have been exploring this theme in NEMEA at VMware by hosting a speaker session, announcing a new Mental health web page and local activities such as healthy breakfast and a mental health fayre.



To find out more about what we've been up to today and what's coming up please take a look [here](#).

Within this you'll find a summary of Al Wybrew's Stress Buster guide; along with the link for the recording and his slides, a new podcast with Darren Hardy, and information about our new web page within the benefits portal.

If you need to reach out, please do not hesitate to send us a message at [mentalhealth@vmware.com](mailto:mentalhealth@vmware.com) which is a completely confidential mailbox and is monitored during work hours.

Or find out more information about some of the work we've been doing around the mental health initiative at our brand new [NEMEA mental health web page](#) within the benefits portal.

Contact our NEMEA Mental Health First Aid team directly and in confidence:  
[mentalhealth@vmware.com](mailto:mentalhealth@vmware.com)

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