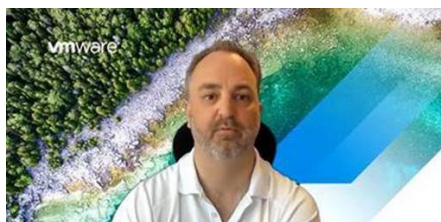




Dear Colleagues,

When I took on the sponsorship of the Mental Health programme in NEMEA, I never expected we'd make as much progress as we have. Thank goodness we have, because this well-laid foundation will be key as we collectively face one of the biggest mental health challenges in our lifetime.

Click on the screen shot below to hear some of my personal thoughts on this topic:



And over the next few weeks, I'll share some further best practices I've picked up from friends and colleagues which I hope will help during this difficult time.

Look after each other, good luck, and stay safe.

To find out more about the support that VMware NEMEA provides to our employees around mental health visit our [Mental Health webpage](#) which contains lots of helpful resources and the contact details of all our trained Mental Health First Aiders.

MHFA England support our own Mental Health First Aiders with their training – so also have a look at their tips around the importance of human connections at difficult times like this:

[Supporting your mental health while working from home.](#)

Let's support each other!

Joe Baguley

Vice President & Chief Technology Officer EMEA

Contact our NEMEA Mental Health First Aid team directly and in confidence:

mentalhealth@vmware.com