**Subject Line: New COVID-19 support sessions for COVID-19 Stress and Anxiety**

Hi <First Name>,

From everyone here at [Organization], we thank you! Thank you for doing your part in keeping our communities safe during these uncertain times.

Our <employees/workers’> wellbeing (and that of your extended family members) is the most important thing to us.

We want to share a free digital mental health program, Starling Minds, to help you manage the tremendous uncertainty, stress, and anxiety you are facing every day due to the COVID-19 pandemic.

This free, confidential program can help anyone with a smartphone or computer manage their COVID-19 related anxiety and stress. Starling’s program can help you:

* Understand and manage your moods and negative thoughts
* Set goals to keep your life on track
* Maintain healthy boundaries for accessing COVID-19 news
* Access a supportive, confidential online community for ongoing peer support

This program will arm you with the resilience you need to keep your professional and personal lives on track during this time.

**To register, go to** [https://covid19.starlingminds.com/registration/covid19](https://covid19.starlingminds.com/registration/covid19?__hssc=43357690.3.1585092436521&__hstc=43357690.df5a49ffc69c0b5a37d730ae53a3436d.1584724771699.1585086142177.1585092436521.6&__hsfp=3119224307&hsCtaTracking=d501ca89-35be-4eef-887c-5bcda6beba8b%7C31dca240-29e1-4279-b7b2-833c98cf1339)

If there is anything else we can do to support you in the coming days, please reach out.

Again, thank you so very much for everything you do.

We are proud to support you in any way we can.

In good health,

[Sender Signature]