



ICU (I See You) Challenge



Focus Area: Well-Being

Objective: “ICU” is a workplace awareness campaign designed to decrease the stigma associated with the topic of mental health and foster a workplace culture that supports emotional health. Together, we can encourage people in emotional distress to reach out for help!

Length of Challenge: One week (can be extended)

Materials Needed:

- ICU Activity Card
- Prizes (optional)

Directions:

- Complete all of the listed activities on the ICU Activity Card.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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Getting Started:



1. Decide what date(s) your "ICU Challenge" will run.
2. Determine if and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "ICU Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!
3. Announce the challenge to employees and share the following. (This can be done via email, e-newsletter, department intranet and/or fliers.)
 - Date(s) when the challenge will begin and end.
 - Instructions for how to play the "ICU Challenge".
 - Details about how to submit participation and how winner(s) will be rewarded.
4. Print or attach via email the "ICU Activity Card" and distribute to all participants.
5. If the challenge is occurring over several days, consider sending employees a friendly email reminding them to engage in the challenge. Your communication might include additional info related to the challenge, such as mental health facts, self-care tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)
6. As the challenge comes near an end, send a reminder to employees and announce the winner(s)!



ICU Activity Card

"ICU" (I See You) is a workplace awareness campaign designed to decrease the stigma associated with the topic of mental health and foster a workplace culture that supports emotional health. Together, we can encourage people in emotional distress to reach out for help.

DIRECTIONS: Complete all these steps to help our organization start fostering a supportive workplace culture where everyone can play a part in improving emotional health.

Step #1	Take the Pre-Survey. (This survey is anonymous and will not be shared.)
Step #2	<p>View the ICU Video at vimeo.com/100921663</p> 
Step #3	<p>Understand the way forward together. Review this list of programs and resources available to State employees:</p> <ul style="list-style-type: none"> • Here4TN <ul style="list-style-type: none"> ○ Take Charge at Work ○ Talkspace ○ Sanvello ○ Virtual Visits • ParTNers Health and Wellness Center <ul style="list-style-type: none"> ○ Onsite EAP counselor • MyActiveHealth • Working for a Healthier TN • DOHR Mediation Program <div style="text-align: right;">  </div>
Step #4	Take the Post-Survey. (This survey is anonymous and will not be shared.)

