



# Seattle Sheds Light

## Mental Health Awareness Month

### REACH WELL-BEING ACTIVITIES

Log in and explore the [Reach Well-being Program](#) to expand your mental health knowledge. New Seattle Sheds Light on Mental Health activities are available **May 2 thru June 16** to support you.



Living the Good Life -  
Unpack, Repack, Repeat

0 0

50 pts



Listen to the Happiness  
Lab Podcast

0 0

100 pts



Natural Antidepressant:  
Self-Compassion

0 0

50 pts



Be There Certificate -  
Supporting Others

0 0

50 pts

**Choose from 14 new  
activities including**

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

**Take Reach on the go  
with the Limeade App**



**Enter Code:  
SEATTLE**