

Suggested Communications

Below are several suggestions for how you can communicate to your population about access to Daylight and Sleepio. Of course, you know your populations best and so you should adapt this messaging as needed.

Below, we have included suggestions for several different potential channels that may be appropriate for you to communicate this online resource to your population:

- **COVID-19 company email update.** If your organisation is sending regular updates on work policies and safety measures relating to COVID-19, many teams have begun adding in a short section at the end of the email calling out mental health support that individuals can access.
- **COVID-19 intranet pages or internal resources.** If your organisation has created a destination for resources relating to COVID-19, that may be a good option to highlight mental health support that individuals can access.

COVID-19 company email update

In these challenging times, it is more important than ever to care for our mental wellbeing. Traditional in-person resources may be tougher to access than they are normally. [Organisation] employees are invited to access the online mental health support programmes, Sleepio and Daylight, at no cost.

- If you're dealing with worry and anxiety, get access to [Daylight here](#).
- If you're struggling with falling asleep or staying asleep, get access to [Sleepio here](#) and enter the code PMC2020.

The stress that comes at a time like this can really take a toll on our mental health. If you're in need of a little support, we invite you to access the online mental health support programmes, Sleepio and Daylight, at no cost.

If you're dealing with worry and anxiety, get access to [Daylight here](#).

If you're struggling with falling asleep or staying asleep, get access to [Sleepio here](#) and enter the code PMC2020.

COVID-19 intranet pages or internal resources

Coronavirus and Mental Health

In these challenging times, it is more important than ever to care for our mental wellbeing. Traditional in-person resources may be tougher to access than they are normally. [Organisation] employees are invited to access the online mental health support programmes, Sleepio and Daylight, at no cost.

Experiencing worry and anxiety? Daylight teaches you proven tools and techniques to face difficult emotions and cope in challenging times. Get access to [Daylight here](#).

Struggling with sleep? Sleepio teaches you how to manage the worries and thoughts that make it difficult to sleep, as well as how to fall asleep, stay asleep, and wake up feeling refreshed. Get access to [Sleepio here](#) and enter the code PMC2020.

The stress that comes with at a time like this - keeping up with the latest recommendations, concern for friends and family, increased isolation - can really take a toll on our mental health.

Everyone has their own ways of coping and if you're in need of a little support, we invite you to access the online mental health support programmes, Sleepio and Daylight, at no cost.

If you're dealing with worry and anxiety, try Daylight. Daylight is an app that will teach you ways to manage the negative emotions in your life. Get access to [Daylight here](#).

If you're struggling with falling asleep or staying asleep, then Sleepio can help. Sleepio is a science-backed sleep improvement programme that can help you manage the worries and thoughts that make it difficult to sleep and get to the root of stubborn poor sleep. Get access to [Sleepio here](#) and enter the code PMC2020.