# #5 Support Wellness

***Use these social media posts to show your support for employees to manage their health and wellness.***

* Twitter: We encourage staff to use sick days for mental or chemical health needs. Recovery is possible! #MedicalMentalChemicalHealth
* Facebook and LinkedIn: Supporting the health of our employees is more than providing sick days and health insurance. For us, it means encouraging use of those days to seek help for physical and mental well-being. We learned about a safe and supportive workplace environment from the Minnesota Department of Health Opioid Employer Toolkit: https://www.health.state.mn.us/opioidtoolkit.html