

# STATE AND COUNTY HEALTH CARE STAFF

## WE INVITE YOU TO SHARE YOUR **MANA'O** ABOUT MENTAL HEALTH & WELL-BEING AT WORK

The **Hawai'i Office of Wellness and Resilience** is holding virtual statewide focus groups to learn about the mental health and well-being resources available to county and state **health care staff**, police, firefighters, sheriffs, school staff, and we want to hear from you!

### SIGN UP FOR A FOCUS GROUP TODAY!

Thursday, August 7 at 5:30 p.m. - 6:30 p.m.

Saturday, August 16 at 9 a.m. - 1 a.m.

Tuesday, August 19 at 12 p.m. - 1 p.m.

#### Elevate your voice in policy and program design.

We're not just collecting stories—we're using them to inform real changes. Your voice will shape future mental health programs and supports across the state.

#### Prioritize well-being in the workplace.

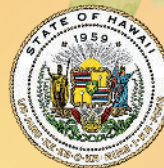
This is a chance to shift the culture—where mental health is part of the conversation, not an afterthought. Your input helps put wellbeing at the forefront.



**SCAN THE QR CODE AND  
CLICK ON THE LINK TO SIGN UP**

<https://owr.hawaii.gov/state-of-well-being-project/>

**Join us online! All focus groups will be held on Zoom by trained facilitators. Questions?**  
**Email us at [owr.sowb@hawaii.gov](mailto:owr.sowb@hawaii.gov)**



Ke Ke'ena Kūpa'a Maui Ola  
Office of Wellness and Resilience  
Office of the Governor

*Our resilience is rooted in our wellness.*