

COUNTY POLICE, FIREFIGHTERS, & STATE SHERIFFS

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 **police, firefighters, sheriffs**, school staff, and health care staff – and we want to hear from you!

SIGN UP FOR A FOCUS GROUP TODAY!

Thursday, July 31 at 5:30 p.m. - 6:30 p.m.

Saturday, August 9 at 9 a.m. - 10 a.m.

Thursday, August 14 at 12 p.m. - 1 p.m.

Understand real experiences.

Your voice matters!

We want to hear directly from you. Those on the frontlines, about your day-to-day experiences with mental health and stress at work.

Learn from each other.

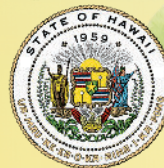
By bringing people together in safe, guided conversations, we hope to highlight shared struggles and strengths across professions.



**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



Ke Ke'ena Kūpa'a Maui Ola
Office of Wellness and Resilience
Office of the Governor
Our resilience is rooted in our wellness.