



EMAIL TEMPLATE

SUBJECT: Introducing Tap 2 Distract: wellbeing support when you need a moment

Hi team,

We're pleased to introduce Tap 2 Distract, a new wellbeing resource now available to all staff.

Tap 2 Distract is a free, stigma-free app offering simple activities and distraction techniques that can help when you're feeling stressed, anxious, overwhelmed or simply need a moment of calm.

It can be accessed within seconds, with no employee account or training required.

It's designed to complement our workplace wellbeing and support by giving you something practical to use in the moment.

We encourage you to:

- Download Tap 2 Distract and explore the activities available.
- Use it whenever you need a moment to pause, reset or refocus.
- Share it with your friends, family and the people you care about, including children, parents and grandparents.

Download Tap 2 Distract here:
tap2distract.org.au

You can also scan the QR code below to get started.
[INSERT TAP 2 DISTRACT QR CODE]

We hope Tap 2 Distract becomes a helpful resource you can keep close and return to whenever you need it.

Warm regards,

[NAME]

[HR / PEOPLE & CULTURE TEAM]