



YOUR WORKPLACE WELLBEING KIT

EVERYTHING YOU NEED TO MAKE TAP 2 DISTRACT EASY TO SHARE.

Start Here PDF

A simple one-page introduction explaining what Tap 2 Distract is, how it complements existing workplace support and how to make it available to your people.

16:9 Digital Screen

For internal screens, presentations and digital noteboards.

Email Graphic

A ready-to-use visual for HR, People and Culture or internal communications.

QR Resource

A QR code and link you can share with your people.

A4 Poster

Ready for staff rooms, noticeboards, wellbeing areas and other workplace spaces.

Square Tile

For Teams, Slack, Intranet, employee portals and internal social channels.

Copy Bank

Ready-to-paste staff email, Intranet copy, Teams or Slack post and manager introduction.

Tap 2 Distract has been created and distributed by TLC for Kids Inc.

Tap 2 Distract is a practical wellbeing resource and does not replace professional, medical or psychological support.

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TLC for KIDS
EST 1998