

NEWSLETTER TRIUMPH SHEETS

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MENTAL HEALTH MATTERS

MENTAL HEALTH AWARENESS MONTH

As you all know the past few years have been tough on us. It has been its own challenge trying juggling what use to be a normal life, now filled with chaso not knowing what is going to happen from day to day. We at Triumph Sheets are here to help and want you to know where you can go to get help. Schwarz has an employee assistance program and UHC has an online stress management tool.



MENTAL HEALTH AWARENESS

May is Mental Health Awareness Month. See what you can do to help break the cycle. Page 4 – Employee assistance program through Schwarz.

WORLD NATIONAL SAFETY DAY

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April 2022, 2nd Annual National Safety and Health Day at Work was a success. Thank you to everyone who participated in our efforts to keeping safety in front of us. We will have pictures posted in the Why We Work Safe Wall.

Winners for the drawing.

1. Levi Rose
2. Dwayne Foster
3. Savannah Hughes
4. Luis Yuxom



Stop to think before you act. Accidents are not always the result of bad luck. They occur when someone decides – consciously or not – to take a chance. Be smart and avoid taking unnecessary risks

