



HOSPICE &
PALLIATIVE CARE
TODAY

World Mental Health Day 2025 - Oct. 10

“Access to Services – Mental Health in Catastrophes and Emergencies”

In preparation for **World Mental Health Day on Friday, October 10, 2025**, we’ve created these sample email and text templates to help you easily share encouragement and support with your employees and volunteers — especially those who provide direct patient and family care.

While this year’s worldwide theme is on *“mental health in catastrophes and emergencies,”* it relates to hospice work. Each visit a clinician makes has the potential for walking into a patient’s, caregiver’s, or family’s end-of-life *“catastrophe”* (“she’s dying!”) or *“emergency”* (pain, terminal restlessness). Supporting your staff through these ongoing, accumulated stresses is essential to sustaining your mission — compassionate hospice care.

Email & Text Templates for Hospice and Palliative Care Teams

Option 1 – Sample Email

Subject: World Mental Health Day – Taking a Moment for You

Dear Hospice Teams,

Today, World Mental Health Day (October 10) reminds us that access to mental health care is essential — especially for those who give care through life’s hardest moments.

Hospice work asks much of the heart. Please take a moment today to breathe, to connect, and to remember that your wellbeing matters deeply.

Support is always available — through our Employee Assistance Program and through each other. You are not alone in this work.

With gratitude,

[Your Leadership Name or Team]

Option 2 – Sample Text

Today is World Mental Health Day — a reminder that caring for others starts with caring for ourselves. Take a pause, breathe, and reach for support when you need it. You are not alone.
#WorldMentalHealthDay #CareForTheCaregiver

Option 3 – Sample Email

Subject: Recognizing World Mental Health Day

As we honor World Mental Health Day (Oct 10) and its theme — “Access to Services: Mental Health in Catastrophes and Emergencies” — we pause to thank each of you for the calm, compassion, and courage you bring to hospice care.

Please remember: your emotional wellbeing is vital to our shared mission. Support resources are here for you — and taking care of yourself is an act of service to those we care for.

With deep appreciation,
[Your Hospice Name / Leadership Team]

Prepared for you to adapt and share; by **Joy Berger, Editor in Chief, *Hospice & Palliative Care Today***.

[We welcome your feedback](#) on how you use this resource and your ideas for other ways to support your employees’ and volunteers’ mental health, today and throughout the year.