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**FOR IMMEDIATE RELEASE**

**Monument Health Launches the Inaugural OK2Step Away Challenge in October to Promote Mental Health**

Western Colorado—Monument Health is proud to launch the Inaugural OK2StepAway Challenge this October in partnership with Hilltop Community Resources, Inc. The campaign, which will begin on October 1st and culminate with a 5k event on October 28th, will feature a series of weekly themes designed to encourage open conversations about mental health, promote self-care, and build a supportive community.

“In today's fast-paced world, where the demands of work, personal life, and societal pressures can often feel overwhelming, it's crucial to prioritize mental health and well-being. The Ok2StepAway Campaign is set to run throughout the entire month of October and aims to empower individuals to embrace their mental health journey,” explained Tyler Veatch, Monument Health’s Manager of Employer Solutions.





Throughout the entire month of October, participants are encouraged to visit the Ok2StepAway portal (available for sign-up now at <https://ok2stepaway.com/>), for valuable resources, workbooks, and a step tracker. The step tracker allows users to log their physical activity, fostering a sense of community and motivation to stay active, which is known to have positive effects on mental health. The portal also offers valuable resources and workbooks tailored to each week's theme. These resources will guide individuals in finding ways to step away from their daily stressors, ask for help when they need it, recognize that even if they aren't okay, it's okay, and support others who are struggling.

Susan Volkmann of Hilltop Community Resources, the presenting sponsor of the monthly effort, works directly with Hilltop’s employees and understands the importance of prioritizing emotional wellbeing at home and at work. Volkmann states: “The Ok2StepAway Campaign is a timely and essential initiative that promotes mental health, self-care, and community support. By embracing the weekly themes, participants can work toward a healthier work-life balance, reduce the stigma around seeking help, find solace in shared experiences, and become more effective allies to those in need.”

Details of the Ok2StepAway weekly themes can be found below:

**Week 1: It's Okay to Step Away**

The first week of the Ok2StepAway Campaign focuses on the importance of taking time for oneself and nurturing a healthy work-life balance. In a world driven by deadlines and constant connectivity, people often neglect their own well-being. Week 1 reminds us that it's not only acceptable but essential to step away from our busy lives, recharge, and prioritize self-care. This theme encourages participants to reflect on their work-life balance and make necessary adjustments to improve their mental health.

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### **Week 2: It's Okay to ask for Help**

Week 2 of the campaign is dedicated to destigmatizing asking for help when struggling with mental health issues. It emphasizes the importance of seeking support and reaching out to friends, family, or professionals when needed. Many people hesitate to ask for help due to fear, shame, or misconceptions about mental health. This week aims to break down those barriers and encourage individuals to speak up about their challenges.

### **Week 3: It's Okay to not Feel Okay**

Sometimes, individuals battling mental health issues feel isolated and misunderstood. Week 3 of the Ok2StepAway Campaign emphasizes that it's entirely okay to not feel okay. This theme aims to create a safe space for people to understand their struggles, knowing they are not alone in their journey. It promotes empathy and understanding within the community, reducing the stigma surrounding mental health.

### **Week 4: It's Okay to Support Others**

The final week of the campaign encourages participants to actively support others in their mental health journey. It's about removing the stigma associated with offering help and teaching individuals how to provide meaningful support to those in need. By fostering a culture of empathy and understanding, we can create a more compassionate society.

### **5K Event: October 28, 2023**

While the campaign culminates with a 5k event on October 28th, the details for the event will be communicated to all participants through a future letter. This event serves as a culmination of the month-long efforts, bringing together a community that has actively engaged with the campaign's themes and resources.


Veatch concludes: "In a world where mental health challenges are increasingly prevalent, the Ok2StepAway Campaign reminds us that it's okay to prioritize our well-being and support others on their journey to mental wellness."


To join this transformative movement, sign up on the [Ok2StepAway portal](#), and let October be a month of self-discovery, healing, and community building.

### **About Monument Health**

*Monument Health is the largest Clinically Integrated Network serving western Colorado. The CIN strives to help people live healthier lives by reducing healthcare costs and improving health outcomes. Learn more about Monument at [MonumentHealth.net](#).*

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