

The City of Spokane

Weekly News Update for May 31

Stay up-to-date on City of Spokane and employee news with our weekly Employee Update.

2021 City of Spokane Employee Awards Ceremony

Tomorrow is the City of Spokane Employee Awards Ceremony where we will recognize our employees and their accomplishments for 2021. If you are unable to attend the ceremony in person [join us virtually!](#)



[Please join us virtually!](#)

Wednesday, June 1, 4:30 p.m.

[Microsoft Teams](#)

More Information to Assist You

Here are some more resources from our Employee Assistance Program:

- [Mental Health is Real](#)

Good mental health, like good physical health, is important to human wellbeing. As the World Health Organization (WHO) puts it, "Mental health is an integral part of health; indeed, there is no health without mental health." And the mental health of employees is a critical element in the success of any organization.

- [Challenging the Stigma of Mental Health](#)

Mental health awareness is recognized each year during May in the United States and other countries around the world. Organizations team together to bring awareness and support to individuals facing mental health issues. It is estimated that more than 70 percent of individuals globally do not receive mental health treatment for their illnesses. One of the root causes that prevent people from seeking help is the stigma associated with having a mental illness.

Employee Information Portal (covid19.spokanecity.org/)

Remember, this Employee Information Portal is a great resource for employees to stay current on what's happening with the COVID-19 response. The [Employee Information Portal](#) can be accessed from work or home, using a computer or mobile device.