

Mental Health Essentials for Workplaces



ABOUT THE PROGRAM

1-2 hour program for workplaces, corporations, businesses, etc. Workplace teams will learn:

- how to manage work/life balance
- how to talk about mental health
- how to recognize the signs and symptoms of mental illness
- when to get professional help
- how to include mental health as a priority in the organization
- how to build a supportive, engaged workplace culture

Evidence-based

*Delivered by
experienced clinicians*

*Offered virtually or
in-person*

"This workshop was educational and informative and I would highly recommend it for any [workplace]."

TAKEOFF TECHNOLOGIES EMPLOYEE



Mental Health Collaborative is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program, contact
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or visit mentalhealthcollaborative.org