

Mental Health Essentials for Young Professionals



ABOUT THE PROGRAM

2-hour or 4-hour program for interns and young professionals as they enter the workplace and transition through young adulthood

Young professionals will learn:

- how to recognize the signs & symptoms of mental illness
- when to get professional help
- how to design a fulfilling life in this new stage
- how to use strategies for healthy coping & self-care
- how to balance work/life

Evidence-based

Delivered by experienced clinicians and educators

Offered virtually or in-person

Research shows that **proactive mental health support** in the workplace results in **6x the ROI**, especially for young employees.

2020 Deloitte Report



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 us at
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or visit mentalhealthcollaborative.org