

Mental Health Essentials for Young Professionals



ABOUT THE PROGRAM

Young professionals & interns will learn to:

- Recognize the signs & symptoms of mental illness
- Identify when & how to seek professional help
- Explore ways to design a fulfilling & purposeful life in this new stage
- Apply strategies for healthy coping & self-care
- Maintain healthy habits that support mental well-being at work & in life

Evidence-based

*Delivered by experienced
clinicians and educators*

*Offered virtually or
in-person*

Direct Delivery: 2 hours or 4 hours

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
508-625-1660, info@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org