

Mental Health Month Special

Dispelling the Myths for Workplace Mental Health

Within this 45 minute engaging and interactive presentation, your staff and leaders will gather new understanding, new tools and strategies to taking care of themselves and others. According to the Canadian Mental Health Association, \$6.3 billion was spent on uninsured mental health services and time off work for depression and distress. With education and the proper understanding of mental health, we can work together to reduce absenteeism and presenteeism in the workplace. Mental Health Month is a great time for this conversation and presentation!

\$500 plus tax

*Travel expenses may apply.

Only 23% of employees talk about their mental illness with their employers.

Let's make your workplace a safe place to talk! When you communicate effectively, you can increase productivity and reduce absenteeism. Most importantly, you can help stop silence, stigma and suicide.



"Thank you Sarah for your presentation on Mental Health in the Workplace. Your presentation style immediately engaged our leadership group encouraging trust for an open and full-some dialogue. The depth of knowledge and practical tools you provided will be put to immediate use. We have so often heard the word "stress" but now have an approach that will help us solution the issues while providing appropriate support for our employees."

~Heather McClure, Director WSIB, London ON

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