

90-Minute Mental Health Training “Dispelling the Myths”

What is depression and anxiety and why should I be concerned? Dispelling the Myths will help you support family, friends and co-workers. Dispelling the myths will help your company start the conversations all workplaces need to have.

I SPEAK OUT. DO YOU?



SHARE. CARE. KNOW. MENTAL HEALTH.

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 you increase productivity, and reduce absenteeism.

Most importantly with communication you will mend silence, stigma and suicide.

Sarah Hilton

www.StressedOutSolutions.com

sarah@StressedOutSolutions.com

519.476.9649

