|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SILVER** |  | **GOLD** |  | **PLATINUM** |  | **CUSTOM** |
| **$145**/mthor $1,500/yr 5 |  | **$245**/mthor $2,500/yr 5 |  | **$345**/mthor $3,500/yr 5 |  | **Contact for****Quote** |
| * Mental Health Strategy Call
 |  | * Mental Health Strategy Call
 |  | * Mental Health Strategy Call
 |  | * Mental Health Strategy Call
 |
| * Orientation Session
 |  | * Orientation Session
 |  | * Orientation Session
 |  | * Orientation Session
 |
| * Family Webinars
 |  | * Family Webinars
 |  | * Family Webinars
 |  | * Family Webinars
 |
| * Monthly Newsletter
 |  | * Monthly Newsletter
 |  | * Monthly Newsletter
 |  | * Monthly Newsletter
 |
| * Poster Sets1
 |  | * Poster Sets1
 |  | * Poster Sets1
 |  | * Poster Sets1
 |
| * E-campaigns1
 |  | * E-campaigns1
 |  | * E-campaigns1
 |  | * E-campaigns1
 |
| * MH Resource Consultant 4
 |  | * MH Resource Consultant 4
 |  | * MH Resource Consultant 4
 |  | * MH Resource Consultant 5
 |
| * **PLUS 5 Credits**
 |  | * ½ Day HR Coaching 6
 |  | * ½ Day HR Coaching 6
 |  | * ½ Day HR Coaching 7
 |
| * Additional Credits 10% 3
 |  | * **PLUS 15 Credits**
 |  | * Corporate Consulting 2
 |  | * ½ Day Leadership Training7
 |
|  |  | * Additional Credits 15% 3
 |  | * **PLUS 30 Credits**
 |  | * Employee Self Care Training
 |
|  |  |  |  | * Additional Credits 25% 3
 |  | * MH Committee Certification
 |
|  |  |  |  |  |  | * Onsite Events
 |
|  |  |  |  |  |  | * Workshops
 |
|  |  |  |  |  |  | * Analysis
 |
|  |  |  |  |  |  | * Reporting
 |



**Sarah Hilton**

**Mental Health Specialist**

**Stressed Out Solutions**

**sarah@StressedOutSolutions.com**

**519-476-9649**

**Stop Silence, Stigma and Suicide.**

**Corporate Mental Health Membership**