|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SILVER** |  | **GOLD** |  | **PLATINUM** |  | **CUSTOM** |
| **$145**/mth  or $1,500/yr 5 |  | **$245**/mth  or $2,500/yr 5 |  | **$345**/mth  or $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**

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**Stop Silence, Stigma and Suicide.**

**Corporate Mental Health Membership**