

Corporate Mental Health Membership

SILVER

\$145/mth
or \$1,500/yr⁵

GOLD

\$245/mth
or \$2,500/yr⁵

PLATINUM

\$345/mth
or \$3,500/yr⁵

CUSTOM

Contact for Quote

- ✓ Mental Health Strategy Call
- ✓ Orientation Session
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ MH Resource Consultant⁴
- ✓ **PLUS 5 Credits**
- ✓ Additional Credits 10%³

- ✓ Mental Health Strategy Call
- ✓ Orientation Session
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ MH Resource Consultant⁴
- ✓ ½ Day HR Coaching⁶
- ✓ **PLUS 15 Credits**
- ✓ Additional Credits 15%³

- ✓ Mental Health Strategy Call
- ✓ Orientation Session
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ MH Resource Consultant⁴
- ✓ ½ Day HR Coaching⁶
- ✓ Corporate Consulting²
- ✓ **PLUS 30 Credits**
- ✓ Additional Credits 25%³

- ✓ Mental Health Strategy Call
- ✓ Orientation Session
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ MH Resource Consultant⁵
- ✓ ½ Day HR Coaching⁷
- ✓ ½ Day Leadership Training⁷
- ✓ Employee Self Care Training
- ✓ MH Committee Certification
- ✓ Onsite Events
- ✓ Workshops
- ✓ Analysis
- ✓ Reporting



**Stop Silence,
Stigma and Suicide.**

How to Use Your Credits

Consulting/Mentoring ²	2 Credits/hour
Onsite Events ⁷	5 Credits
½ Day HR Coaching ⁶	5 Credits
Resource Kiosk ⁷	5 Credits
MH Resource Consultant ⁴	6 Credits/year
Workshops/Lunch n' Learns	8 Credits
Employee Self Care Training	12 Credits
½ Day Leadership Training ⁶	18 Credits
MH Committee Certification	40 Credits
Corporate Needs Assessment	50 Credits

www.StressedOutSolutions.com

¹ Organizations will receive three poster sets and three email campaigns during the year. ² Corporate Consulting calls may be done with an organization's mental health committee, leadership or other contact regarding strategy, reporting, analysis and other topics. *Note this time does not include any additional research or analysis. ³ Additional credits retail for \$100/credit. ⁴ Mental Health Resource Consultant helps your employees, when needed, by directing them to the appropriate resource be it public service or an available EFAP. Follow-up calls are 1.5/credits/call. ⁵ All prices are based on a 1 year term. 6 month term add 10% and 3 month term add 20%. ⁶ ½ day refers to 3hours. ⁷ Plus Supplies. Travel expenses may be extra.