



**Why:** Our nation faces an unprecedented mental health crisis. The relevance of mental health in today's workplace goes beyond individual well-being; it has an economic cost, impacting the productivity of co-workers, leadership and management teams, and ultimately, organizations.

- \$1 spent on employee mental health yields \$4 saving in productivity.<sup>1</sup>
- Poor employee mental health impacts your bottom line: for a typical mid-sized company (500 employees) it may cost your company \$800,000 annually in increased costs and lost revenue.<sup>2</sup>

**What:** Our programs support corporate initiatives by equipping leadership and management teams with skills to transform mental health conversations into tangible organizational benefits.

- We model difficult mental health conversations in the workplace providing a template for your company.
- We demonstrate the power of lived experience and peer support as a component of a comprehensive approach to employee well-being.

**How:** Storytellers with lived experience, assisted by our clinician, share their first-person accounts of the impacts of chronic stress and/or trauma. Our clinician provides expert insights on the complexities of workplace stress and trauma, and leadership challenges when discussing mental health. Conversations may include:

Workload & burnout | Common stressors | Awareness and self-assessment | How the brain, mind, and body respond to stress | Impacts on work-life | Leadership in mental health | Reaching-out for help | Managing symptoms | Building resilience & reducing risk

Our team will meet with you to customize a program to meet your organizational needs. Examples include:

- Focused 90 min sessions for leadership or full-day engagements for user defined audiences.
- Closed virtual sessions on your internal platform.
- Assistance with building your company's organic capacity to lead mental health conversations.

**Expected Outcomes:** Organizations that support and encourage mental health conversations in the workplace experience positive outcomes for productivity and employee well-being.

**Organizational benefits:** Builds positive team culture | Increases workplace productivity | Lowers healthcare costs | Lowers absenteeism | Decreases turnover | Increases retention

**Individual benefits:** Increases social functioning | Builds empathy and acceptance | Promotes self-care & wellness | Provides sense of hope & inspiration | Creates mental health agency

Mindstrong Guardians, LLC™ is a Service-Disabled Veteran-Owned Small Business certified by the SBA. | [www.mindstrong-guardians.com](http://www.mindstrong-guardians.com) | [team@mindstrong-guardians.com](mailto:team@mindstrong-guardians.com)

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<sup>1</sup> [NORC](#)

<sup>2</sup> [NSC](#)