

# MENTAL HEALTH AWARENESS PROGRAMS

## OBJECTIVES

Mental health is a Top Priority in the new world of work.

Stress, anxiousness, loneliness and burnout have skyrocketed. Employers must find new ways to drive employee well-being, productivity, and retention.

It's no longer enough to just talk about 'Mental Health'. Companies that want to compete and attract talent, MUST have mental wellness programs at the forefront of their offerings. It is crucial to provide digital tools and support.

## SOLUTION

The mental health stigma is decreasing. Over 60% of employees believe mental health care is as important as preventative physical care.

For every \$ 1 invested yearly in prevention and intervention programs to support mental health, employers can save \$2 to \$4 on other expenses.

Companies need a Multi-Prong approach to providing mental health awareness training. It's not enough to just refer people to HR or their EAP provider.

*Heart-Centered Programs provides a better solution!*

## PROGRAM: FULL YEAR

### 1. Webinars and Onsite Training

Monthly sessions on the Key Aspects of Mental Wellbeing. Training topics are customized for each client.

### 2. Mental Health Literacy for Leaders

Separate training and coaching sessions to empower leaders to engage in mental health conversations, provide psychological safe spaces, and overcome barriers.

### 3. Ongoing Support

Weekly sessions on Meditation, Mindfulness, Stress Relief and Self-Care Practices. Access to on-demand digital resources and platforms.



## AT A GLANCE

### CHALLENGES

- 68% employers fail to provide support on the job
- 45% employees suffer from anxiety due to job stress

### BENEFITS

- Up to 400% ROI
- 25% reduction in downstream costs

**Contact Dr. Ellen for a Strategy Session:  
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## DR. ELLEN CONTENTE

Founder, Heart-Centered Programs

"With firsthand experience, Dr. Ellen's compassionate approach and expertise in addressing mental health have made her a highly respected and sought out expert in the field."