

WORKPLACE MENTAL HEALTH CONSULTATIONS



MENTAL HEALTH MATTERS

Physical health is often a major consideration for organizations, but what about the mental health of employees? A robust mental health strategy will help employees be more resilient and fulfilled, and contribute to the company's overall success. It's no secret that employees' mental health affects their performance, which impacts an organization's productivity, effectiveness, and growth.



SERVICES

We provide the following support:

- Screening for depression, anxiety, substance abuse, stress, and trauma.
- Clinical wellbeing recommendations, as well as referrals for ongoing support.
- Psycho-education to increase staff's understanding of common mental health conditions such as depression, anxiety, grief, post-traumatic stress, obsessive-compulsive disorder, etc.
- Individual sessions to help staff address personal concerns by creating and implementing a wellness plan.

ABOUT US

We are a group of industry specialists, organizational leaders, and clinical counselors who believe that mental health is also an important consideration in the workplace. We've been helping organizations integrate mental health practices into their work culture since 2016.

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