

Create an Environment of Advocacy and Understanding



Corporate Education Program

This interactive workshop is designed to educate adults on basic mental health issues and how they impact daily life:

- in the workplace
- at home
- during interactions with others

Appropriate for small businesses to large corporations, this program is facilitated by one of Minding Your Mind's professional clinicians and includes a presentation by one of our young adult speakers to attach real-life experiences to the topics being discussed.

The Bottom Line

- ≥ Mental health issues are the leading cause of worker disability in the U.S.
- ≥ Over 5 million people miss work each week due to stress.
- ≥ 4 million work days per week are lost due to depression.
- ≥ 81% of lost productivity time is due to presenteeism.
- ≥ Depression-related absenteeism can cost a company \$3,500 - \$12,000 per employee per year.
- ≥ For every dollar invested in creating a mentally healthy workplace, \$2.30 is generated in benefits to the company.

Discover more about the benefits of
Minding Your Mind's
Corporate Education Program.

Visit us: www.mindingyourmind.org

Contact us:



Andrew Onimus
Director of Corporate Programs
(e) andrew@mindingyourmind.org
(p) 610.642.3879
 [minding-your-mind](https://www.linkedin.com/company/minding-your-mind)
  [@mindingyourmind](https://twitter.com/mindingyourmind)