



# Integrated Mental Health

When it comes to mental health in the workplace - ***the need is critical and urgent.***

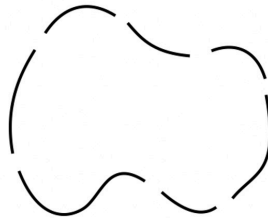
Too often, employee mental health resources and support are siloed, underutilized, and accessed reactively.

## People are Struggling



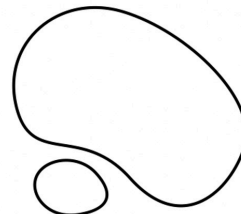
### Overwhelmed

Stress and anxiety persists in 40% of America's workers<sup>1</sup>



### Disconnected

60% of employees have never talked to anyone at work about their mental health<sup>2</sup>



### Struggling

45% of U.S. adults say the pandemic has affected their mental health<sup>3</sup>

By taking a **holistic, proactive, and inclusive approach** to improve mental health and build resilience, we unlock the full potential in individuals and communities.

Our integrated mental health solution includes **expert coaching, interactive digital content, and validated measurement.**

<sup>1</sup> ADAA, 2019; <sup>2</sup> HBR, 2019; <sup>3</sup> Kaiser Family Foundation

# Our Offering

## Mental Health Coaching

A critical factor of mental health in the workplace is having highly trained experts supporting your employees through their well-being program, building and advising the content your employees consume, and facilitating the referral and transition to your EAP when appropriate.

- 30-minute coaching sessions, up to 6 sessions (phone and/or video)
- Specialized training in Cognitive Behavioral Coaching
- National board-certified Health & Wellness Coaches
- Mental health clinician supervision

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Chronic stress has major consequences to me – in mind, body, and spirit. I frequently experience anxiety about the future of my job and finances. Coaching helped me recognize and interrupt negative thought patterns, be more present, and take steps towards deeper connection with others.

*Mental Health Coaching participant*

## Interactive Digital Content

Our team has built a unique storytelling framework specifically for Aduro's Human Performance Paths; in order to create engaging and impactful experiences for your employees.

**Full Form Paths | Mini-Paths | Mental Health Activities | Pre & Post Validated Measurement**

### Full Form Paths

- Stress Relief Toolkit
- Rethinking Stress
- Anxiety Antidote
- Decoding Drinking
- Depression  
(January 2021)

### Mini-Paths

- You are Not Alone
- Preventing Burnout
- Caring for the Caregiver
- Accepting Change & Loss
- Supporting Others with Anxiety
- Supporting Others who are Struggling

## Facilitated Referral

When additional support is required, facilitating the connection to your EAP and additional mental health services can increase access, improve navigation, and provide human support in a destigmatized way.

