

# Bear in Mind

October - May



## NHBSR's Workplace Mental Health Awareness Program

### Goals

- Put the spotlight on mental health issues in the workplace and the importance of making treatment options a priority for all.
- Provide businesses with available resources, access to experts and programs.

### Components

NHBSR will partner with and highlight organizations in NH and nationally that provide mental health resources including NAMI NH, Dartmouth Health, National Council for Mental Wellbeing, Full Spectrum Wellness, UNH and others as opportunities become available.

- Monthly webinar series
- Refilling the Well: A Program for Workplace Well-being
  - Weekly Stress Management sessions focused on addressing anxiety-producers
- Resource Webpage
- Mental Health First Aid Training

More program details are available at  
<https://www.nhbsr.org/bim>



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## NHBSR's Workplace Mental Health Awareness Program

### Why Sponsor?

- **Elevate** your company's commitment to mental wellness
- **Lead** the effort to de-stigmatize mental health
- **Inspire** change built on awareness and access to resources

	Presenting Sponsor	Engagement Sponsor	Partner Sponsor
Investment	\$ 4,000	\$2,000	In-kind Trade
Available	1	3	3
Webinars/Sessions	Free Company-wide	Free Company-wide	Free Company-wide
Feature Opportunity	✓		
Recognition	✓	✓	✓