

LivWell5+:

Effective Actions to Foster Mental Health Engagement Within Organizations



2: COURAGEOUS CONVERSATIONS

Moving and inspiring keynote speech to start the conversation and assist with culture cultivation. Courageous conversations allow both employees and management to encourage conversations that inspire and build trust from within the walls of your company.

STEP 2

STEP 3

STEP 4

STEP 5

MORE



1: LEADERSHIP TRAININGS

Nationally recognized suicide prevention training tailored for business owners, board members, executives, and anyone managing direct reports. These impactful training sessions are available both virtually and in person. Each session includes motivational insights and a Q&A segment about LivWell Partners.



4: CHAMPION CULTIVATION

Organically implement and cultivate a wellness champion committee within your organization, via employees that might naturally want to get more involved. Fostered by a custom art team building activity that leaves a lasting impact.



3: ORGANIZATION TRAININGS

Nationally renowned suicide prevention training courses for employees and management - held virtually or in person. Includes introduction of mental health resources that can be used in day-to-day life.



6: TAKE 5 PAID TIME OFF

Every employee is eligible for an annual five-day mental health and wellness break in addition to other paid leave. Employees are encouraged to unplug from work - no meetings, phone calls, or emails. Throughout the 5 days, LivWell Partners provides access to health and wellness coaches and a mental health toolkit to be used throughout the 5 days.



5: CUSTOM TECHNOLOGY INTEGRATION

With support from Healthtek Inc., we will create a customized Hub as well as deliver our mental health technology Hope, and +Health Challenges to improve the physical and mental health of your organization. This program brings together resources for prevention, support, education, and participation to help everyone focus on overall wellness.



LIVWELL PARTNERS

A MENTAL HEALTH
ENGAGEMENT PROGRAM



Hope is Here - Better Together - Make an Impact