

Corporate Mental Health Keynote Topics

Improve Performance. Drive Meaningful Change.



KEYNOTE TOPIC

Supporting Children's Mental Health

Children and adolescents are suffering from mental illness at higher rates than ever before in history. In fact, the US Surgeon General has declared the state of mental health in the US a national crisis. This coupled with the lack of mental health professionals has left parents and guardians at a loss of how to best help the children in their life.

Join Dr. Marsh on an informational session on how to best help a child in your life with their mental health struggles. This session will include information about the state of mental health of children, contributing factors causing mental health problems and actionable steps for caregivers to support a child's mental health. There will be ample time for Q&A during this session to address individual needs.

Keynote Learning Outcomes

- Where mental illness comes from in children
- What environmental stressors are contributing negatively to children's mental health
- How to immediately improve a child's mental health
- How to cope with smartphone usage, social media, and bullying
- What to say to your child about the "tough topics"
- Understanding and improving family dynamics
- Thoughts of the value of the parent/child relationship



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Speaker Reel



"We had dozens of employees go out of their way to thank our leadership team for making an investment in their mental health, and how it helped them and their families."

—John Tracy, CEO, Bluewater Technologies

KEY FACTS

Mind the Workplace: The Employer's Responsibility to Employee Mental Health



24%

Only 24% of employees believe their companies care about their wellness



40%

40% of those who quit their job in 2021 cited mental health as a top reason for leaving



\$1 to \$4

For every \$1 invested in mental health, companies receive \$4 in return

ABOUT DR. MARSH

Dr. Gretchen Moran Marsh is a clinical psychologist specializing in the assessment and treatment of anxiety and depression related disorders in teens and adults. She completed her undergraduate work in psychology at the University of Michigan, followed by her Master's Degree and Ph.D. in Clinical Psychology at Wayne State University.