

Corporate Mental Health Keynote Topics

Improve Performance. Drive Meaningful Change.



KEYNOTE TOPIC

Mental Health: Breaking the Stigma and Finding Solutions

In the past several years, there has been an exponential spike in anxiety and depression related disorders resulting in negative effects for both the individual and employer. This coupled with the facts getting mental health treatment is expensive, carries a stigma and a shortage of mental health professionals has caused a national crisis.

Come learn empirically validated strategies to not only immediately improve your mental health, but to also prevent mental health problems in the future. These strategies are exactly what Dr. Marsh teaches her private clients, but taught in a quick & easy way to understand and implement. This transformative and positive presentation provides actionable tools to cause change

Keynote Learning Outcomes

- How the exponential spike in mental health problems has effected us all in our personal and professional lives
- Learn the surprising common and not so common symptoms of mental health problems and specifically what do about them
- Learn how to tolerate, cope and change your negative emotions transforming them into areas of strength and resilience
- Learn strategies to decrease burnout and increase work performance
- Know how and when to seek professional treatment



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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.