



# SOUND MIND HEALTH SERVICES

CARING COMPASSIONATE CONFIDENTIAL | VIRTUAL THERAPY & PSYCHIATRIC SERVICES

# MENTAL HEALTH WORKSHOPS & TRAINING PROGRAMS

Real Conversations. Practical Tools. Lasting Change.

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## Mental Health Training That Drives *Real Results*

We provide **engaging, practical mental health workshops** that help organizations reduce burnout, improve communication, and support emotional well-being—without overwhelming your team.



Available for **In-Person & Virtual Trainings** Nationwide.

### WHO WE SERVE

Schools • Churches • Corporate Teams • Community Organizations

### WORKSHOP TOPICS INCLUDE

- Big Feelings, Strong Minds:**  
*Helping youth build emotional resilience and regulation skills*
- Faith & Mental Health**  
*Bridging the Gap*
- Smiling, but Struggling**  
*Burnout Prevention & Recovery*

### WHAT YOUR TEAM WILL WALK AWAY WITH

- Practical tools they can use immediately
- Reduced burnout and emotional fatigue
- Stronger communication and healthier team dynamics
- Increased awareness and early intervention skills

### WHY ORGANIZATIONS CHOOSE SMHS

- ✓ Reduce burnout and costly staff turnover
- ✓ Improve communication and team effectiveness
- ✓ Support mental health before it becomes a crisis
- ✓ Increase engagement, retention, and productivity
- ✓ Lower the hidden costs of absenteeism, disengagement, and workplace conflict

### PERFECT FOR:

Staff trainings & professional development • Conferences & retreats • Community workshops • School-based programming

### TRUSTED BY



Call Us to Partner Today!