



THE MENTAL HEALTH OF YOUR COMPANY *is your business...*



Empower yourself with practical skills to provide support and understanding to others experiencing mental health challenges.



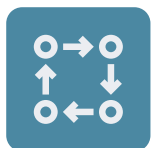
Mental Health First Aid Course

Learn 5 Action Steps to help a person struggling with their mental health.



Leading From The Top Series

Your all access guide for navigating mental health conversations at work.



Recharge and Reset Series

Break the burnout cycle with strategies for stress management.



QPR Suicide Prevention Course

Learn how to Question, Persuade, and Refer a suicidal individual to help.



Erin Callinan, MSW

National Mental Health Consultant
Professional Speaker, Author
Founder of Beneath The Brave

About Beneath The Brave

I equip businesses with skills and strategies to enhance mental health and reduce stigma through customized training programs.

#realpeople #reallife #realtalk

Request Erin Callinan for a keynote session, workshop, or training today!

Meet Erin Callinan, MSW

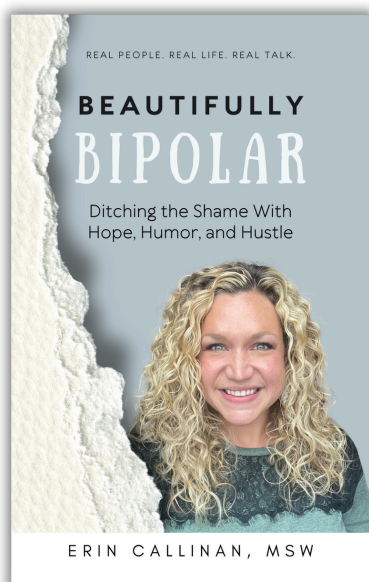


Erin Callinan brings 20 years of executive leadership experience in mental health training, advocacy, workplace development, and crisis intervention. She is a nationally recognized speaker, author, entrepreneur, and peer who is successfully living with bipolar disorder. As the Founder of Beneath the Brave, Erin envisions a world where individuals facing mental health challenges feel empowered to drop the façade of “I’m fine” and ask for help when they need it.

Through Beneath the Brave, Erin helps companies and corporations enhance employee mental health with comprehensive training programs. She develops cutting-edge workshops that equip business leaders with the skills and strategies to build mentally healthy workplace cultures. Erin is the author of *Beautifully Bipolar: Ditching the Shame with Hope, Humor, and Hustle*, and began her career as a mental health advocate and motivational speaker across national stages in 2013.

Erin is a Nationally Certified Instructor for both Adult and Youth Mental Health First Aid and QPR Gatekeeper Suicide Prevention Trainings. She serves as Board President of MIKID, Arizona’s largest family-run mental health nonprofit, which provides support, advocacy, and counseling for children, teens, and young adults living with mental health conditions.

Before launching Beneath the Brave, Erin was Executive Director of Mental Health America of Arizona, where she led training initiatives and legislative advocacy for mental health parity, workplace wellness, and suicide prevention. In 2016, Erin was honored with the Emerging Leader of the Year Award from the National Association of Social Workers while earning her Master of Social Work from Arizona State University.



Erin spent 7 years as the Director of Domestic Violence Response Initiatives at the AZ Coalition to End Sexual and Domestic Violence and was Shelter Manager of a domestic violence crisis shelter prior to that. For over 20 years, Erin has been facilitating training across the country at corporate conferences, prisons, psychiatric hospitals, police headquarters, military bases, and global HR events to over 60,000 people. Her proudest role is being a Mentor at New Pathways for Youth since 2012.

Erin Callinan, MSW, Consultant, Speaker, Author
Founder of Beneath The Brave,
Mental Health First Aid Instructor
erin@beneaththebrave.com
beneaththebrave.com





Leading

From the Top

Workplace Training

**The mental health of your
company IS your
business.**



Prioritize Employee Mental Health

Foster a stigma-free environment
and promote access to mental
health resources and support.



Strengthen Communication

Learn to approach sensitive
conversations about mental health
with empathy and compassion.



Transform Workplace Culture

Enhance employee productivity
and increase workplace
engagement and satisfaction.

**YOU PICK THE DATE.
WE PROVIDE THE TRAINING.**

Gain practical tools and strategies to support
employee mental health and promote a company
culture of safety and support.





Real People. Real Life. Real Talk.

75 MINUTE CUSTOMIZABLE TRAINING SESSIONS

IN PERSON & VIRTUAL

1

FROM STIGMA TO SUPPORT:

Identifying the Impact of
Mental Health Challenges
in the Workplace

2

RECOGNIZE AND RESPOND:

A Guide for Navigating
Conversations with Clarity
and Compassion

3

RESHAPING THE WORK EXPERIENCE:

Collaborating to Provide
Mental Health
Accommodations

4

CALMING THE CRISIS:

Using the 3 Step Action
Plan to Respond to a
Mental Health Crisis

FLEXIBLE TRAINING STRUCTURE



Choose your sessions freely! Select one or select them all, in any order you see fit. Companies are welcome to create customized training by combining various topics from different sessions.

LEADING FROM THE TOP SESSION DESCRIPTIONS (75 MIN)



1

FROM STIGMA TO SUPPORT: IDENTIFYING THE IMPACT OF MENTAL HEALTH CHALLENGES IN THE WORKPLACE

Mental health problems at work can lower productivity and morale, and it's often hard to pinpoint what influences mental wellness. Employees might avoid seeking help due to stigma or lack of knowledge about available resources. Gain insight into the experiences of individuals living with mental health conditions and learn strategies for creating a supportive and stigma-free workplace environment.

2

RECOGNIZE AND RESPOND: A GUIDE FOR NAVIGATING MENTAL HEALTH CONVERSATIONS WITH CLARITY AND COMPASSION

Recognizing and understanding mental health issues early on is crucial for offering timely support. Learn to identify common signs and symptoms of mental health challenges, develop essential communication skills, and gain confidence in approaching conversations with empathy and active listening. Identify how to access mental health helplines, support groups, and wellness apps, and ensure that support is accessible and effective.

LEADING FROM THE TOP SESSION DESCRIPTIONS (75 MIN)



3

RESHAPING THE WORK EXPERIENCE: COLLABORATING TO PROVIDE MENTAL HEALTH ACCOMMODATIONS

Discover how customizing job modifications to address mental health needs can create win-win scenarios for both employees and employers. Setting clear boundaries when discussing and supporting employees' mental health can help organizations foster a supportive environment that respects everyone's needs. Empower employees to take charge of their self-care and mental health management, while ensuring they receive the necessary support.

4

CALMING THE CRISIS: USING THE 3-STEP ACTION PLAN TO RESPOND TO A MENTAL HEALTH CRISIS

Develop essential crisis intervention skills, including assessing suicide and safety risks, offering emotional support, and referring individuals to professional help when necessary. Learn to identify what constitutes a mental health crisis by recognizing key triggers and signs for prompt and effective action. Utilize the 3-Step Action Plan to respond, de-escalate, and collaborate with mental health professionals, crisis teams, and emergency services.



RECHARGE AND RESET

Tools for Thriving in Today's Work Environment

YOU PICK THE DATE. WE PROVIDE THE TRAINING.

From mastering stress-busting techniques to fostering resilience and embracing self-care, this program equips you with everything you need to thrive in today's fast-paced world.

RECHARGE AND RESET SERIES

- 1 Revitalize Your Mind:**
Elevating Wellness Through Stress Management and Mindfulness Tools
- 2 Nurturing Personal Resilience:**
Equipping Yourself with Skills for a Growth Mindset
- 3 Breaking the Burnout Cycle:**
Strategies for Sustainable Work-Life Balance and Time Management



CUSTOMIZABLE TRAINING

Companies are welcome to tailor their training program delivery by selecting topics from any of the three available training sessions.



FLEXIBLE DELIVERY

Trainings may be provided virtually or in person on a date and time that best meets the needs of your team. This is a private training only for you!

ABOUT ERIN CALLINAN, MSW

Founder of Beneath The Brave, Erin Callinan equips business leaders with skills and strategies to enhance employee mental health.

Her keynote presentations and training sessions help normalize supportive conversations about employee wellness and workplace success.

WWW.BENEATHTHEBRAVE.COM

60 MINUTE RECHARGE AND RESET TRAINING DESCRIPTIONS

1 Revitalize Your Mind: Elevating Wellness Through Stress Management and Mindfulness Tools

- **Understand Stress Responses:** Gain insight into the physiological and psychological responses to stress, enhancing your ability to manage and mitigate its effects.
- **Recognize and Reframe Stressors:** Understand personal stress triggers and develop proactive techniques to help cope in the midst of overwhelm.
- **Practice Sustainable Mindfulness Techniques:** Learn and implement various relaxation and mindfulness practices to anchor focus, heighten self-awareness, and manage stress-inducing thoughts and emotions.

2 Nurturing Personal Resilience: Equipping Yourself with Skills for a Growth Mindset

- **Understand the Power of a Growth Mindset:** Explore the core principles of a growth mindset and its impact on personal and professional success and productivity.
- **Embrace Challenges:** Shift perspectives about how to deal with setbacks, seeing them as opportunities for growth and improvement rather than roadblocks.
- **Strengthen Resilience:** Build a foundation for stress management by learning how to bounce back and cultivate lasting resilience in the face of challenges.

3 Breaking the Burnout Cycle: Strategies for Sustainable Balance and Workplace Time Management

- **Gain Techniques to Foster Self-Care Practices:** Learn the stages of burnout and build in self-care practices to help you prioritize your time and emotional energy.
- **Take Action Through Wellness Plans:** Break free from burnout cycles by creating routines that enhance sustainable workloads.
- **Explore the Balance:** Apply time-blocking and scheduling methods to optimize productivity and workflow.



Virtual or In Person

Adult or Youth MENTAL HEALTH FIRST AID COURSES



Get your 3 year certification

Take the next step on your journey towards becoming a certified Mental Health First Aider with this highly acclaimed training course. Empower yourself with practical skills to provide support and understanding to those experiencing mental health challenges.

ADULT MHFA

- Identify the impact of mental health challenges on the well-being of adults.
- Recognize the potential risk factors and warning signs for various mental health problems.
- Use a 5-step action plan to help adults in crisis and non-crisis situations and connect with appropriate help.







YOUTH MHFA

- Recognize the signs and symptoms of mental health challenges that may impact youth.
- Explain the role of resilience on adolescent development.
- Use a 5-step action plan to help teens in crisis and non-crisis situations and connect with appropriate help.

TWO OPTIONS FOR ATTENDING THE COURSE:

	OPTION #1: REGISTER FOR AN UPCOMING PUBLIC COURSE	OPTION #2: REQUEST A PRIVATE COURSE FOR YOUR COMPANY
AUDIENCE	Open to participants from around the globe	Requested by company, closed to the public
FACILITATION	Live interactive training	Live interactive training
DATE AND TIME	8:00a-2:00p Pacific Time All course dates are updated on website (below).	Date/time selected by company to meet team needs
LENGTH	1-2 hr virtual pre-course work and 5-6 hour live session	8 hour course may be delivered in one or multiple sessions
CLASS SIZE	5-30 participants	5-30 participants
PRICE (VIRTUAL)	\$129 per person	\$159 per person (group discount of \$139 for 20+ attendees)
PRICE (IN-PERSON)	N/A	\$170 per person <small>*Plus \$650 travel day rate & hotel, car, airfare reimbursement for training outside of Phoenix, AZ</small>
NEXT STEPS	Register at beneaththebrave.com/mhfa	Email Erin Callinan at erin@beneaththebrave.com

VIRTUAL MATERIALS INCLUDED IN BOTH PUBLIC AND PRIVATE COURSES:

-  Online Pre-Course work through MHFA Connect
-  Participant Processing Guide Workbook (PPG)
-  Mental Health First Aid Manual (300+ pages)
-  National Referral and Resource List
-  Self Care Action Plan
-  3 Year Certificate of Completion

OPTIONAL MHFA COURSE MATERIALS:

Individuals or companies may order physical copies of the MHFA Manual (\$27) and/or the Participant Workbook (\$19).

FOR MORE INFORMATION, PLEASE CONTACT:

Erin Callinan, MSW, Mental Health First Aid Instructor
Founder of Beneath The Brave

erin@beneaththebrave.com
www.beneaththebrave.com



QPR

SUICIDE PREVENTION GATEKEEPER TRAINING

QUESTION. PERSUADE. REFER.

3 steps anyone can take to help prevent suicide.



What is a Gatekeeper?

Someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone but include parents, friends, colleagues, neighbors, teachers, healthcare professionals, business leaders, and community members.

What will you learn?

- The common causes of suicidal behavior.
- How to recognize the warning signs of suicide.
- How to talk with someone who may be at risk for suicide and persuade them to get help.
- Ways to refer individuals in need of support to appropriate resources and services.
- Myths, facts, and stereotypes about suicide.

Why QPR?



Break the silence and prevent suicide

QPR Gatekeeper Training is the most widely used global suicide prevention training and equips you with proven tools and strategies to work through difficult conversations.



Attend when you want, how you want

This 2 hour course delivers quality education that empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Options available for virtual and in-person delivery.



Receive 3 year certification

All participants receive a 3 year credentialed certification from the QPR Institute.

TO ATTEND AN UPCOMING QPR COURSE OR REQUEST A PRIVATE QPR TRAINING FOR YOUR COMPANY, VISIT BENEATHTHEBRAVE.COM/QPR