

Onsite *and/or Virtual* **Mental Health** *Support*

IOME, LLC offers Mental Health Support directly to your employees. We are creating convenient access to mental health counseling, which is critical to overall employee wellness. Decrease employee burn-out and lower costly turnover rates by offering employees a safe and confidential space to discuss increasing matters such as work/life balance, stress management, family conflict, and much more.

Onsite Mental Health Program Provides:

One on One Mental Health Support Onsite

From Licensed Mental Health Provider Onsite or via Telehealth

Presentations on Various Mental Health Topics

Vetted Referrals Based on Employee Needs

Stress Management Skills

Work/life Balance Accountability

ONSITE | CONVENIENT | ACCESSIBLE

IOME Founder, Becky Lauridsen, will meet with you to discuss your site and employee details, address any areas of concern, and identify specific topics your employees may be interested in and need support with.

Based on the consultation and your site's particular needs, Becky will match the best fit Licensed Mental Health Clinician to offer onsite/virtual mental health support directly to your employees. Becky will coordinate details, provide informational fliers and emails, and provide group presentations to ensure your employees utilize the onsite support program to its fullest potential. Together, let us overcome the mental health stigma and offer quality services conveniently onsite.

Gives employees access to
DISCOUNTS on Self Care with 60+
local businesses!



*"Your employees need the
best in order to
provide the best."*

Becky Lauridsen, LPC

Founder & Lead Supporter

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970-658-5598

FREE Consultation

www.iowemenow.com

Onsite Mental Health Support

Results from employees who have utilized the IOME Onsite Mental Health Support Services

+ Has this been helpful to your overall success and productivity at work? Yes or No If yes

100% Reported: Yes

- "It has allowed me to vent, get things off my mind, and then allows me to focus more once i get back to work."
- "Able to think clearer - put stress in perspective. Allowed me the time to stop and focus on what is interfering with my work."
- "I can be more focused on my work instead of consumed by things going on in my personal life"
- "Keeps me grounded and not bringing my personal problems to work, helps me see things in a different perspective, provides me with ideas and steps to deal with work issues, gives me confidence in my employer for providing this wellness service at no cost and showing consideration for my well being"

+ What helped you in your decision to book a session with one of our Onsite Support therapists?

- "Easy to schedule, private and free!" "No cost and easy onsite access." "A lot going on in life."
- "The easy accessibility of a link to sign up and that I didn't have to go through EAP to actually talk to someone. When you need support, you need it now, not a week or 2 down the road."
- "Needed to talk about emotions and my employer support system helped me with it."
- "The flexibility to do this during the day while at work. This option made it easier for me to seek assistance."
- "Lunch time appointments, no cost, length of visit, no need to travel across town or to another town."



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95% Satisfaction Rate
from Employees

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