

# NEW WORKPLACE MENTAL HEALTH EDUCATION PROGRAM



Extension

**NEED A BRIEF INTRODUCTORY PROGRAM FOR  
WORKPLACE MENTAL HEALTH AND WELLNESS?**

## INTRODUCING



Compassion & Resilience  
Education at Work

## WHAT CREW IS

- Professional development for current employees
- Three session topics that can be offered as standalone one-hour sessions or as a series:
  - ▶ Work-Life Balance
  - ▶ Stress Management
  - ▶ Stigma Reduction
- Activity and discussion-driven content

## WHY EXTENSION PROFESSIONALS NEED CREW

- It is a short, adaptable program based in research
- It can help foster recovery-friendly work environments
- It includes session instructor guides, marketing templates, program delivery checklists, and evaluation instruments

## WHY WORKPLACES NEED CREW

As concerns about mental health and substance use rise in the United States, many workplaces want new education and resources for employee mental health and well-being. Work cultures often struggle to overcome long-held stigmas about mental health to address it effectively.

## WHAT EMPLOYEES GAIN

- Understanding for terms and concepts related to mental health, stress, wellness, and stigma
- Skills and tools to monitor and address work-life balance and stress
- Skills and tools to reduce stigma around mental health and substance use

**Questions? Email:  
ExtensionHHS@purdue.edu**

*The Compassion & Resilience Education at Work (CREW) Curriculum  
is now available for purchase!*

**Step 1 | Complete Payment**

**VIA THE EDUCATION STORE**

**Price: \$99.99 (tax exempt)**

**[www.bit.ly/Buy\\_CREW](http://www.bit.ly/Buy_CREW)**

**Tips:**

- Check 'shipping address same as billing address'  
(Note: no items will ship. The purchase is for an electronic file only)
- Check 'I wish to receive emails from the Education Store' to receive a receipt via email after purchase.



**Step 2 | Complete Purchase Agreement**

**VIA QUALTRICS SURVEY**

A link to a Purchase Agreement Survey is provided as part of the Purchase Confirmation document. The Purchase Confirmation document is shared in the web browser after purchase and in the Order Receipt email.

This Purchase Agreement Survey collects individual user information and agreement for terms of use. Purchasers will receive an email summary of their survey response. Purchasers must complete this survey to access the curriculum file.

**Step 3 | Download Curriculum File**

**VIA FILELOCKER**

A password-protected link is provided after payment is submitted and the Purchase Agreement Survey is complete. This link provides electronic file access only. The file will be available for download for 30 days after purchase.