

Employee **Wellness** That Actually Works

Our solution combines expert-led wellness classes, health coaching, supervisory consultation, and easy access to therapy to provide an unparalleled mental wellness experience for every single one of your employees. Tap into a local mental health network designed to achieve better health outcomes for your employees while boosting cost savings and productivity.

Everyone needs mental health and wellness support, including the workplace. Take a proactive approach to investing in your employees through Centered's mental health and substance abuse prevention and intervention solutions to attract and retain talented, engaged employees. Research shows that when you take steps to invest in their wellbeing and show that you care, your employees will engage at higher levels, demonstrate loyalty, and contribute to your company's success.

With both local, in-person appointments and telehealth options, you put the power into your employee's hands to access customized care when and how they want it. Their information is kept confidential through easy online scheduling; your business paves the way to access the services.

Certified and licensed clinicians are employed by the high-quality mental health centers in the Centered network that have been dedicated to serving your community for over 60 years.

Centered clinicians are all in-network with major insurance carriers and are trained in evidence-based practices that are the gold standard for treating common mental health challenges like depression and anxiety as well as substance abuse related issues.



1 in 4 adults experience anxiety—that is 25% of your workforce



Depression is a leading cause of absenteeism and lost productivity

A Community-Based Partnership

Centered was created through a partnership between two community-based behavioral health centers, Jefferson Center for Mental Health and Mental Health Partners, and a clinically integrated network they formed called Front Range Health Partners.

Contact us: www.centeredhealth.org