



THINK HAPPY. WORK HEALTHY.

GUIDE TO WORKPLACE WELLNESS

by Think Happy Live Healthy

www.thinkhappy.livehealthy.com

www.thinkhappy.livehealthy.com



WELCOME

A Whole-Person Approach to Workplace Wellness

At Think Happy Live Healthy, we believe true wellness goes beyond perks and productivity — it starts with caring for the whole person, every day. From the first cup of coffee to the last meeting of the day, mental health shows up at work — and it deserves space, support, and intention.

That's why we bring compassionate, accessible mental health services directly into the workday — through therapy, wellness workshops, and on-site or virtual support that fits your team's real lives.

We're here to help companies create a culture of care that improves morale, reduces burnout, and helps employees thrive — not just at work, but in life.

Christine Willing, CEO



Employer Wellness Checklist

A Practical Guide to Supporting Employee Mental Health at Work

Use this checklist to evaluate how your company currently supports mental well-being – and discover small, impactful changes that make a big difference.



Culture & Communication

- We talk openly about mental health and normalize seeking support
- Managers are trained to recognize signs of stress or burnout
- Employees feel safe talking about their well-being with judgment
- Mental health is part of our overall DEI and inclusion efforts



Access to Support

- Therapy or coaching is available during the workday
- Employees know how to access mental health benefits
- We provide options for both in-person and virtual support
- We offer flexible scheduling to accommodate therapy appointments



Everyday Wellness Practices

- Breaks and boundaries are encouraged and respected
- We promote practices like mindfulness, movement, or quiet time
- We offer wellness workshops, team events, or support groups
- Employees are encouraged to use PTO or mental health days



Feedback & Leadership Involvement

- Leadership actively supports and engages in wellness initiatives
- We regularly check in with staff about stress, morale, and workload
- Employees feel heard when they share concerns

Quick Wins You Can Implement Now

1. Create a calming space – meditation room, natural light, noise-free zones
2. Bring therapy into the workday – partner with a provider like *Think Happy Lin?*
3. Host a workplace wellness event – like a resilience workshop or drop-in support

The more boxes you check, the stronger your culture of care.

THERAPY DURING THE WORKDAY

An Integrated Approach to Employee Mental Health

Mental health support doesn't belong after hours.

It belongs in the flow of the workday — just like meetings, team check-ins, and lunch breaks.

At Think Happy Live Healthy, we partner with forward-thinking companies to make licensed therapy accessible during the workday, either in-person or via telehealth. Our model is built to fit seamlessly into your employees' lives — and your company's culture — without disruption or cost to the employer.



WHY MID-DAY MENTAL HEALTH SUPPORT WORKS



✓ Higher Engagement, Better Outcomes

Employees are more present, focused, and emotionally available during the day. Research shows therapy is more effective earlier in the day, when mental fatigue is lower and emotional bandwidth is higher.

✓ Reduced Burnout and Absenteeism

When therapy is integrated into the workday, employees are more likely to use it proactively — before stress leads to burnout, turnover, or extended leave.


✓ No After-Hours Barriers

Traditional therapy often means taking time away from family, commuting in traffic, or trying to fit it in at the end of an exhausting day. When support is part of the workday, participation increases — and stigma decreases.

✓ A Culture That Truly Cares

Offering therapy during business hours sends a powerful message:

"We care about you as a whole person — not just your productivity."





WHAT THE RESEARCH SHOWS

“Employees who receive mental health support during the workday report lower levels of stress and higher workplace satisfaction.”

— Harvard Business Review

“Integrating mental health services into the workday improves engagement, reduces absenteeism, and enhances retention.”

— American Psychiatric Association

“Flexible access to therapy significantly increases utilization rates — especially in high-stress roles.”

— National Alliance on Mental Illness (NAMI)



Strategic, Low-Lift Solution

With Think Happy Live Healthy, your company can offer real, impactful mental health care — without adding stress to your team or your budget.

Here's how it works:

- We provide licensed therapists for your team (in-person or telehealth)
- Employees attend confidential, 1:1 sessions during the workday
- We bill through their insurance — no cost to your company
- You provide the space (or nothing at all for virtual)
- We handle all scheduling, communication, and coordination



THIS ISN'T A PERK – IT'S A BUSINESS STRATEGY

The cost of burnout, turnover, and disengagement far outweighs the effort it takes to provide integrated mental health care. Our partners are already seeing the impact:

"We saw immediate changes in how our team communicated, handled stress, and showed up for one another. Therapy during the workday has been a game-changer."

— HR Director, THLH Corporate Partner

Ready to Bring Therapy Into the Workday?

Let's talk about what this could look like for your team.

✉ info@thinkhappylivehealthy.com

<https://www.thinkhappylivehealthy.com/workplacewellness>



THINK HAPPY. WORK HEALTHY.

Let's Make Mental Health a Natural Part of the
Workday.

Your team's well-being deserves more than an
occasional wellness email or office perk.

By making therapy part of the workday, you're not
just supporting your employees — you're building a
stronger, more human-centered company.

Because how your employees feel at work matters.

"You don't build a business. You build people — and
then people build the business."

— Zig Ziglar

We're ready when you are. Let's create a workplace
where mental health support comes standard.