



Michael ANDERSON

MENTAL HEALTH SUPPORT SPECIALIST

Dedicated Daily Living Support Specialist with a focus on mental health and wellness. Extensive experience in providing holistic support to individuals facing mental health challenges. Expertise in developing and implementing therapeutic support plans that promote emotional stability and personal growth. Known for building strong, trusting relationships with clients, fostering an environment of safety and empowerment.

CONTACT

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- 🌐 www.michaelanderson.com
- 📍 San Francisco, CA

SKILLS

- mental health support
- crisis intervention
- therapeutic planning
- documentation
- teamwork
- advocacy

LANGUAGES

- English
- Spanish
- French

EDUCATION

**BACHELOR OF ARTS IN PSYCHOLOGY,
STATE UNIVERSITY, 2017**

ACHIEVEMENTS

- Improved client mental health outcomes by 35% through tailored support initiatives.
- Recognized as 'Employee of the Month' for exceptional service and dedication.
- Implemented a new client feedback system that increased satisfaction ratings.

WORK EXPERIENCE

MENTAL HEALTH SUPPORT SPECIALIST

Mindful Living Services

2020 - 2025

- Developed and executed individualized support plans focusing on mental wellness.
- Provided crisis intervention and support during critical situations.
- Facilitated group therapy sessions to promote social interaction and coping skills.
- Conducted assessments to evaluate client needs and progress.
- Collaborated with mental health professionals to ensure comprehensive care.
- Maintained accurate documentation of client interactions and progress.

DAILY LIVING SUPPORT WORKER

Caring Hearts Mental Health Center

2015 - 2020

- Assisted clients with daily living tasks and personal care routines.
- Provided emotional support and encouragement to enhance client morale.
- Documented daily observations and reported significant changes to the team.
- Engaged clients in therapeutic activities to promote mental health.
- Coordinated with families to ensure continuity of care.
- Participated in professional training on mental health best practices.