



# MICHAEL ANDERSON

## Corporate Mental Health Coordinator

Motivated Mental Health Care Coordinator with 7 years of experience in the corporate wellness sector. Focused on integrating mental health resources into employee assistance programs to enhance workplace well-being. Skilled in developing training modules and workshops on stress management and mental resilience for employees. Holds a Master's degree in Organizational Psychology and has a strong background in behavioral health interventions.

### CONTACT

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- San Francisco, CA

### EDUCATION

#### Master of Science in Organizational Psychology

Stanford University  
2016-2020

### SKILLS

- Corporate Wellness
- Program Development
- Employee Engagement
- Data Analysis
- Training Facilitation
- Policy Advocacy

### LANGUAGES

- English
- Spanish
- French

### WORK EXPERIENCE

#### Corporate Mental Health Coordinator

2020-2023

Wellness Works Inc.

- Designed and implemented mental health training programs for over 1,000 employees, improving overall workplace morale.
- Conducted needs assessments to identify mental health gaps and tailor resources accordingly.
- Organized wellness fairs that provided access to mental health screenings and resources.
- Collaborated with HR to develop policies that support employee mental health and well-being.
- Monitored program effectiveness through data analysis, leading to a 25% increase in program participation.
- Facilitated workshops on resilience and stress management, positively impacting employee engagement.

#### Behavioral Health Consultant

2019-2020

Healthy Minds Corp.

- Provided consultation services to organizations on best practices in mental health management.
- Developed resources for employees to improve mental wellness and reduce burnout.
- Facilitated focus groups to gather employee insights on mental health needs.
- Collaborated with leadership to implement mental health initiatives aligned with corporate goals.
- Trained managers on recognizing and addressing mental health issues within their teams.
- Evaluated the impact of mental health programs, leading to continuous improvement.

### ACHIEVEMENTS

- Increased employee participation in mental health initiatives by 60% over two years.
- Won the Corporate Wellness Award for innovative mental health programs.
- Published a white paper on the importance of mental health in the workplace.