



Michael ANDERSON

MENTAL HEALTH WELLNESS COORDINATOR

CONTACT

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SKILLS

- Mental Health Awareness
- Program Development
- Employee Training
- Resource Coordination
- Data Evaluation
- Community Outreach

LANGUAGES

- English
- Spanish
- French

EDUCATION

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

ACHIEVEMENTS

- Increased mental health resource utilization by 80% within the first year.
- Awarded the Mental Health Champion Award by the National Wellness Association.
- Established a mental health peer support program that received positive feedback from participants.

Innovative Wellness Program Coordinator with a strong foundation in psychological health and well-being initiatives. Expertise encompasses the integration of mental health resources into corporate wellness programs, promoting a holistic approach to employee wellness. Track record of successfully launching mental health awareness campaigns and workshops that improve workplace morale and productivity. Adept at collaborating with mental health professionals to provide employees with access to necessary resources.

WORK EXPERIENCE

MENTAL HEALTH WELLNESS COORDINATOR

Mindful Corp

2020 - 2025

- Developed and implemented mental health awareness programs that increased employee participation by 75%.
- Collaborated with mental health professionals to provide on-site counseling services.
- Conducted training sessions on stress reduction techniques for employees.
- Created resources and toolkits to support mental health in the workplace.
- Facilitated group discussions to foster open dialogue about mental health.
- Monitored and evaluated program impact through surveys and feedback.

WELLNESS ENGAGEMENT SPECIALIST

Thrive Wellness Solutions

2015 - 2020

- Designed and executed wellness programs that incorporated mental health components.
- Provided training on mental health first aid to managers and supervisors.
- Organized community outreach initiatives to promote mental health resources.
- Conducted assessments to identify employee needs and tailor programs accordingly.
- Collaborated with HR to integrate mental health resources into employee benefits.
- Evaluated program effectiveness through participant feedback and outcome measurement.