

WHY EMPLOYERS NEED CREW



Compassion & Resilience
Education at Work

Concern about mental health and substance use in the workplace — and their effect on productivity, employee satisfaction and turnover — is rising in the United States. Yet many work cultures struggle to overcome long-held stigmas about mental health to address it effectively.

Purdue Extension is meeting the growing need to introduce employees to mental health and well-being education and resources through a curriculum for workplaces — Compassion & Resilience Education at Work (CREW).

WHO CREW IS FOR

- Content and delivery are adaptable for varied industries and organizations of any size
- Target audience: Frontline employees
- Secondary target audience: Employers, managers, supervisors, and human resources personnel

WHAT EMPLOYEES GAIN

- Understanding terms and concepts related to mental health, stress, wellness, and stigma
- Skills and tools to monitor and address work-life balance and stress
- Skills and tools to reduce stigma around mental health and substance use

AFTER PARTICIPATING IN CREW, EMPLOYEES SAY

- “I will be more intentional about naming my stress triggers and sharing with others when I am feeling stressed.”
- “I will work on being more aware of the language I use when talking to or about others ... I will try not to express pity ... but instead try to listen more, ask more questions, etc.”

AFTER OFFERING CREW, EMPLOYERS SAY

“This was a great program to re-evaluate our priorities.”

WIDE RANGE OF OPTIONS

- In-person or virtual delivery
- Three session topics, each available as a standalone one-hour session or as a series:

Work-Life Balance

Stress Management

Stigma Reduction

- Intended as professional development for current employees to address challenges they may experience in their work environment (rather than as training for those entering the workforce).

TO LEARN MORE, CONTACT



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