

# Empowering a Better Approach to Mental Health

Education, connection, and engagement solutions for practitioners, everyday people, and organizations.

EXPLORE SOLUTIONS



## Meet your Mental Health Ally

Join the 30 million people who've turned to Psych Hub for mental health guidance.

START ASSESSMENT

ABOUT PSYCH HUB

## Mental Health Resources for Everyone

Psych Hub provides evidence-based education and resources to empower the entire mental health ecosystem: the individuals seeking mental health support, the practitioners delivering it, and the organizations supporting them both.

Our vision is a world where everyone benefits from a personalized, preventive, and effective approach to mental health and streamlined access to care.

MORE ABOUT PSYCH HUB



## A Growing Need for Specialized Care

1 in 5

1 in 5 U.S. adults experience mental illness each year

2/3

Two-thirds of psychologists report an increase in severity of symptoms among patients in 2022.

75%+

More than 75% of mental health care is delivered by masters-level practitioners trained as generalists.



## America's Mental Health Dilemma

More Americans of all ages, incomes, and backgrounds are experiencing mental health challenges that require specialized care. Yet most mental health practitioners are trained as generalists and desire more education and to better serve their patients.

At the same time, people seeking support find mental health is confusing. They don't know where to go to help themselves or others learn more and find practitioners who can help.

WHO WE HELP

## Serving the Entire Mental Health Ecosystem

Psych Hub is an end-to-end solution designed for anyone wanting to expand their mental health knowledge and connect with education, resources, and practitioners who can provide care. It's perfect for:

WHO WE SERVE

### MENTAL HEALTH PRACTITIONERS

Learning paths in various specialized competencies including symptoms, interventions, communities, and ages; shareable companion tools; and inclusion in a verified education and connection platform used by individuals seeking care

### INDIVIDUALS SEEKING SUPPORT FOR THEMSELVES AND OTHERS

Free educational content and an online connection platform to match them with practitioners who can help

### ORGANIZATIONS

Educational mental health content for employees and a customized provider connection platform for in-network practitioners

## Choose the Solutions That Meet Your Goals

Mental health is not a one-size-fits-all pursuit, so we've designed Psych Hub with flexibility in mind. Choose the solutions that meet your needs, or enlist them all to create a comprehensive mental health journey for your practitioners, employees, and organization:

### MENTAL HEALTH ALLY HUB

*For those who support mental health*

We've designed educational resources for laypeople who want to support themselves or others, whether family members, friends, or co-workers. Individuals can engage with content to help them understand the types of care available and continue expanding learning and practical knowledge through courses.

MORE >

### MENTAL HEALTH PRACTITIONER HUB

*For those who treat mental health*

Our evidence-based learning modules and CE courses teach those who treat mental health how to deliver specialized, evidence-based interventions. Practitioners who complete a course and/or demonstrate proficiency become Psych Hub Verified in that area of competency, a designation that sets them apart on our Psych Hub Connect platform when individuals are seeking care.

MORE >

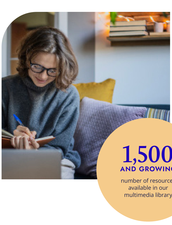
### PSYCH HUB CONNECT

*For anyone seeking or offering mental health services*

Using a custom proprietary algorithm, our education and connection platform creates a seamless pathway for individuals to find mental health practitioners based on verified specialties treated, location, network, and availability. More than just matching individuals to practitioners, Psych Hub Connect provides tailored educational content along the way, helping people become informed consumers and empowering them to select the help that's right for them.

MORE >

LEARN ABOUT OUR HUBS



**1,500 AND GROWING**

number of resources available in our multimedia library

HOW WE HELP

## Educate. Connect. Engage.

Psych Hub uses three strategies to empower a better approach to mental health. Together, these pillars form a dynamic shared solution that supports the entire community in better understanding, supporting, and accessing mental health.

### EDUCATION

We help practitioners and individuals better support and understand mental health through a robust library of evidence-based, clinically sound courses and content

### CONNECTION

Our online public platform provides a frictionless way to connect specialized mental health practitioners with individuals seeking care.

### ENGAGEMENT

Educational mental health content for employees and a customized provider connection platform for in-network practitioners

## Solve Your Greatest Mental Health Challenges

Psych Hub helps practitioners, organizations, and individuals solve their most pressing mental health challenges, such as:

- **Moving practitioners from generalists to specialists** in much needed areas of mental health through targeted learning paths and competency verification.
- **Improving efficacy and affordability of care** by training practitioners in evidence-based therapies known to provide better symptom reduction in fewer sessions.
- **Reducing the confusion around mental health** by informing and educating individuals about symptoms, diagnoses, intervention strategies, provider types and more.
- **Creating a cohesive strategy for organizations** that want to expand mental health knowledge among employees, and create a more supportive environment.



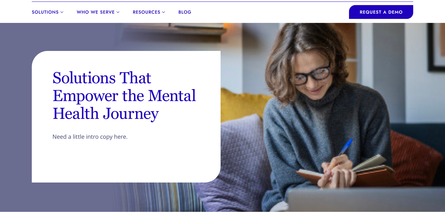
## Learn More

Let Psych Hub help you empower a better approach to mental health.

REQUEST A DEMO



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# Solutions That Empower the Mental Health Journey

Need a little intro copy here.

## Learn, Engage and Get Connected Through Our Hubs

Every journey consists of "hubs," places to refuel, gather information and connect with others — and the mental health journey is no different. Psych Hub's Mental Health Practitioner Hub, Mental Health Ally Hub, and Psych Hub Connect offer education, connection, and engagement solutions to empower everyone on the road to better mental health: those seeking care, those providing care, and the people and organizations that support them.

## Mental Health Practitioner Hub

### A HUB FOR MENTAL HEALTH PRACTITIONERS TO EXPAND TRAINING AND KNOWLEDGE

Most mental health practitioners are trained as generalists, which can leave them feeling ill-equipped to deal with specialized or severe mental health challenges. Just as patients don't visit their cardiologist for a broken foot, those seeking mental health care need professionals who can offer specialized, evidence-based interventions proven to effectively treat their symptoms. That's where our Mental Health Practitioner Hub can help.

LEARN MORE ABOUT MENTAL HEALTH PRACTITIONER HUB »



### OUR MENTAL HEALTH PRACTITIONER HUB HELPS DELIVER:

**REDUCED SYMPTOMS**

Our evidence-based learning modules teach those who treat mental health how to get symptom reduction successfully and in fewer sessions.

**LOWER COST**

Through more targeted treatment, clients avoid entering the greater healthcare system, reducing total cost of care.

**LESS BURNOUT**

Practitioners experience less stress and better job satisfaction when they feel equipped to serve their patients effectively.

**PSYCH HUB VERIFICATION**

Those who complete a course and demonstrate competency become Psych Hub Verified in that area of specialization, a designation that sets them apart in our Psych Hub Connect (link) platform when individuals are seeking care.

Already a Mental Health Practitioner Hub user? Log in to the platform.

MENTAL HEALTH PRACTITIONER HUB

## Mental Health Ally Hub

### A HUB TO EMPOWER INDIVIDUALS TO PURSUE BETTER MENTAL HEALTH FOR THEMSELVES AND OTHERS

Navigating the mental health journey can be confusing and overwhelming. Mental Health Ally Hub provides education and resources to teach laypeople how to understand symptoms and support themselves and others during life's critical moments. For those seeking care, the platform offers resources to help understand diagnoses, treatment options, and the types of practitioners available. Not everyone will see a mental health practitioner, which is why it's important to train individuals how to support themselves and others during critical moments that can save lives.

LEARN MORE ABOUT MENTAL HEALTH ALLY HUB »



### MENTAL HEALTH ALLY HELPS EVERYONE:

**BECOME MORE INFORMED MENTAL HEALTH CONSUMERS**

Users have access to hundreds of short videos, podcasts, and more on relevant mental health topics.

**ADVOCATE FOR THEMSELVES AND OTHERS**

Individuals gain understanding about important mental health topics through certification courses that prepare them to support those they care about during difficult times.

**CREATE A MORE SUPPORTIVE WORKPLACE CULTURE**

Completing courses designed for the unique needs of employees and several specific industries earns individuals certificates to showcase their commitment to a workplace that prioritizes mental health.

Already a Mental Health Ally Hub user? Log in to the platform.

MENTAL HEALTH ALLY HUB

## Psych Hub Connect

### A HUB TO CONNECT THOSE SEEKING CARE WITH QUALIFIED PROFESSIONALS

A good match between client and mental health practitioner contributes to better outcomes, but individuals need a clearer path to get there.

LEARN MORE ABOUT PSYCH HUB CONNECT »



We also collaborate with organizations on our Psych Hub Connect platform, to ensure this education and connection tool effectively breaks down barriers to care and guides individuals to the professionals who best match their needs. Those contributors include:

YouTube Google Elevance Health Optum

### PSYCH HUB CONNECT OFFERS:

**EASIER SEARCH PROCESS FOR INDIVIDUALS**

Question-based logic helps people search for practitioners who are the best fit to treat their symptoms, including other criteria such as insurance network coverage.

**EDUCATIONAL CONTENT CREATES MORE INFORMED CONSUMERS**

Psych Hub Connect shares relevant educational videos to individuals as they refine their search for care, to help them better understand their options.

**BETTER VISIBILITY FOR PRACTITIONERS**

Mental health professionals can promote their experience, training, and specialties to attract new clients. Those who complete Psych Hub courses and/or demonstrate proficiency receive Psych Hub Verification in that specialty, which is displayed in Psych Hub Connect for prospective clients to see.

Psych Hub Connect CTA text needed here.

PSYCH HUB CONNECT

## Mental Health Library

### AN EXTENSIVE CONTENT LIBRARY FOR GROUPS WITH EXISTING LEARNING MANAGEMENT PLATFORMS

Some organizations have learning management apps or navigation platforms already in place, but they desire additional content to keep educational resources fresh and up to date. Psych Hub's Mental Health library can be embedded in existing tools to provide content that is:

**EXTENSIVE**

250+ videos and growing.

**EASILY SEARCHABLE**

Categorized and tagged using our robust video ordering algorithm.

**REFRESHED MONTHLY**

Keeps users interested.

**CURATED BY AUDIENCE**

Topics include anxiety, depression, substance use, and more.

MENTAL HEALTH LIBRARY



**7X**

**Psych Hub's course-completion rates are seven times the industry average.**

## Continuing Education Units for Multiple Professions

### CE CONTENT THAT ENGAGES PROFESSIONALS IN LEARNING ABOUT MENTAL HEALTH

Psych Hub offers continuing education courses meeting the needs of a wide range of professionals who want to learn more about mental health, including practitioners, teachers, nurses, pharmacists, and more. Courses are provided through more than a dozen accredited entities, ensuring learners meet professional education requirements with credible, expert-developed content.

Our CE courses appeal to participants because they are:

- Self-paced
- Adapted to various learning styles
- Expert-developed

LEARN MORE ABOUT CONTINUING EDUCATION »

## Expert-Informed Solutions and Content

From the beginning, Psych Hub has worked cooperatively with academic and industry experts who share our commitment to empowering a better approach to mental health.

We partner with subject matter experts from renowned academic institutions to develop evidence-based content and ensure our resources are trauma-informed, culturally responsive, and clinically sound. Some of our educational partners include:

Columbia University in the City of New York UCLA Yale Penn Medicine

## Free Mental Health Resources Available to All

Everyone should have access to mental health information that helps them better understand themselves and others. Psych Hub creates digital mental health content available to the public, free of charge. That includes videos and podcasts filled with helpful and practical information about common mental health topics.

VIEW OUR RESOURCES



## See Psych Hub in Action

See for yourself how our solutions transform the mental health journey.

REQUEST A DEMO



**PSYCH HUB OFFICES**

**Nashville Headquarters**
646 Hamilton Ave
Nashville, TN 37203

**Dallas**
12222 Merit Dr, Suite 800
Dallas, TX 75251



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MENTAL HEALTH PRACTITIONER HUB

# Education Fosters Evidence-Based Practice

A hub for mental health practitioners to expand their training and knowledge.

REQUEST A DEMO

## Resources to Help Practitioners Learn and Connect

Most mental health practitioners are educated as generalists and have limited training in evidence-based interventions or specialties. Others, like nurses and prescribers, need reliable mental health education to help them better serve their patients. Psych Hub's Mental Health Practitioner Hub fills those gaps by providing courses and other resources that educate practitioners in treatment approaches proven to reduce symptoms effectively and in fewer sessions.

75%

**75% OF LICENSED MENTAL HEALTH PRACTITIONERS HAVE MASTERS LEVEL EDUCATION, TRAINED AS GENERALISTS.**



## What's Available on the Mental Health Practitioner Hub

Mental Health Practitioner Hub gives mental health practitioners and allied professionals a designated place to find clinically sound mental health education, resources, and client connections. Members receive:

- A robust library of evidence-based courses and content covering mental health topics that meet consumer needs and practitioner interests.
- Continuing education credits facilitated through more than a dozen accreditation organizations.
- Shareable resources practitioners can offer to clients to enhance understanding about their mental health condition.
- Opportunities to become Psych Hub Verified in four competency areas by completing specialty courses and/or demonstrating proficiency.
- Inclusion in the Psych Hub Connect connection platform, which highlights criteria like specialized training, Psych Hub Verification, insurance coverage, location, and more.

## Promote Specialty Skills Through Psych Hub Verification

With Mental Health Practitioner, practitioners can become Psych Hub Verified in a number of specialties by completing courses and/or taking a test to demonstrate competency. These verifications are then spotlighted in the Psych Hub Connect platform, to help match individuals looking for care with practitioners who meet their needs.




### CERTIFICATION COURSE CATEGORIES (OR SIMILAR HEADLINE)

Our specialty courses fall into four competency areas designed to align practitioner training with the types of specialized care consumers need the most. Practitioners can get verified in one or many to gain skills and understanding that will help them serve clients by delivering specialized, evidence-based interventions:

**SYMPTOMS**
- Depression
- Anxiety
- Insomnia
- Suicide prevention
- Trauma
- And more

**INTERVENTIONS**
- Cognitive behavioral therapy (CBT)
- Dialectical behavioral therapy (DBT)
- Acceptance commitment therapy (ACT)
- Trauma-informed care (TIC)
- Motivational interviewing strategies (MI)
- And more

**COMMUNITIES**
- BIPOC
- LGBTQ+
- Veterans
- Latinx
- Caregivers
- And more

**AGES**
- Early childhood
- School-aged
- Adolescent
- Young adult
- Older adult
- And more

LEARN MORE

## Access Companion Resources to Complement Coursework and Treatment

Mental Health Practitioner includes companion resources to enhance learning for both practitioners and their clients. Those include:

**QUICK GUIDES**
"Quick guides" that summarize practitioner course information for later reference.

**TIP SHEETS**
Tip sheets for practitioners, filled with helpful resources.

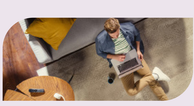
**ACTIVITIES**
Activities to apply evidence-based practices in clinical practice.

**THERAPY-SPECIFIC VIDEOS**
Short, therapy-specific videos to share with clients, to complement treatment.

**ASSESSMENTS**
Assessments to measure treatment progress.

## Get Credit for Specialized Mental Health Training

In additional to deepening practitioners' knowledge about best practices in mental health, Mental Health Practitioner Hub courses offer two opportunities to capitalize on that learning:



### CONTINUING EDUCATION CREDITS

Practitioners can satisfy their CE requirements by completing courses focused on evidence-based practices and approved by more than a dozen accrediting organizations.

LEARN MORE ABOUT CONTINUING EDUCATION >




### PSYCH HUB VERIFICATION

Practitioners can become Psych Hub Verified by completing specialty courses and/or demonstrating proficiency in certain competency areas. Verifications are then spotlighted in the Psych Hub Connect platform so individuals can find practitioners trained in their specific area of need.

LEARN MORE ABOUT PSYCH HUB VERIFICATION >

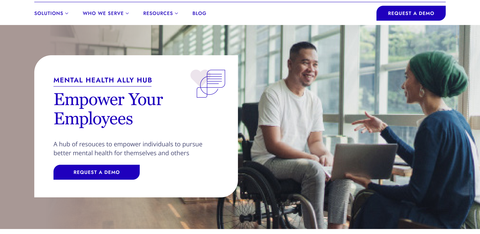
## Need Headline

Discover why Psych Hub is the premier platform for mental health education

REQUEST A DEMO



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MENTAL HEALTH ALLY HUB

# Empower Your Employees

A hub of resources to empower individuals to pursue better mental health for themselves and others

REQUEST A DEMO

## Mental Health Information for Every Ally

What is an ally? An ally works with others toward a common, worthwhile goal, and that is exactly the purpose behind Mental Health Ally Hub. We offer hundreds of videos, courses, podcasts, and other educational resources, in everyday language, so individuals can learn how to support themselves or others on their mental health journey. We also connect individuals with specialized licensed mental health practitioners who meet their needs and preferences.



## Knowledge Drives Understanding and Decision-Making

When individuals know more, they can do more — for themselves and others.

Organizations benefit from Psych Hub Ally by being able to offer evidence-based resources that support their employees and create a more compassionate, mentally healthy workforce.

- Better understand mental health symptoms, diagnoses, and treatments.
- Learn scientifically proven ways to manage or reduce symptoms.
- Understand the different types of mental health practitioners so they can find the best fit for their needs and preferences.
- Get matched with practitioners who meet their criteria using a free, question-based, connection platform.
- Gain empathy and compassion for those around them living with mental health challenges, and access intervention tools to better support them during critical times.

**6 in 10**

Nearly 6 in 10 Americans have experienced concerns about either their own mental health or the mental health of family and friends.

**53%**

53% of adults say they became comfortable seeking care and resources for their own mental health after hearing about other people's challenges.

**74%**

Nearly 3/4 of employed adults say their employer should offer resources and access to mental health services.

**4 in 10**

Four in ten adults feel that mental health related conversations with friends (43%) and family (39%) drive a positive impact on mental health.

## Demonstrate Your Allyship by Earning Psych Hub Certification

Individuals can earn Mental Health Ally Certificates by taking classes in a specific competency area. If 20% of employees earn certification, the entire organization is deemed Psych Hub Verified and can use that accolade to demonstrate its commitment to mental wellness in the workplace.

LEARN MORE ABOUT PSYCH HUB CERTIFICATION >




## Curated Content for Specific Environments

In addition to general mental health resources, Psych Hub offers four content channels within Mental Health Ally that contain curated courses and other resources especially relevant to certain audiences or industries. Those channels include:

MENTAL HEALTH ALLY FOR THE WORKPLACE

MENTAL HEALTH ALLY FOR EDUCATORS

MENTAL HEALTH ALLY FOR HOSPITALITY

## Mental Health Ally Series



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## Real-Life Examples of Mental Health Ally in Action

Jennifer experienced a panic attack for the first time after her spouse passed away. She was terrified of having a recurrence. Using Mental Health Ally, she was able to find helpful videos about panic attacks, as well as a podcast on "Navigating Grief and Loss."



JENNIFER

## Need Headline

Learn how Psych Hub can empower the allies in your organization.

REQUEST A DEMO



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PSYCH HUB CONNECT

# Empower Individuals

A platform to connect consumers with specialized mental health care.

CONNECT TODAY

## Experience a Frictionless Path to Care

Psych Hub Connect is more than a directory or search tool. It is a robust online platform that helps individuals connect with the mental health educational content and practitioners specifically matched to their needs. At the same time, it allows practitioners and provider groups to promote their services and specializations to those seeking care.



## How It Works for Individuals

1. Individuals log into the platform and respond to automated questions that help identify their needs and narrow their search using criteria like symptoms, practitioner expertise, and health insurance.

2. Based on their answers, Psych Hub Connect shows them related educational videos to help them better understand their options, know what to expect in therapy, and ultimately choose the right practitioner for them.

3. The platform provides a list of practitioners that match their search criteria.

## Get Started

Connect to a practitioner through Psych Hub Connect. It's free!

CONNECT TODAY

## How It Benefits Practitioners

Practitioners and provider groups who participate in the Mental Health Practitioner Hub can promote their services and specialties on Psych Hub Connect.

CREATE YOUR ACCOUNT

### PROFILE PAGE

Psych Hub creates a profile page for each licensed practitioner. Practitioners can create an account and claim their page to update it with current information, including education, accepted insurance plans, specializations, and contact information.

### PSYCH HUB VERIFIED

Practitioners who have completed Psych Hub courses and/or demonstrated competency on a post-test can receive the designation of Psych Hub Verified in that specialty on Psych Hub Connect, improving their visibility when consumers express that need.

### PROVIDER GROUP PROFILE PAGE

Provider groups also receive a profile page to promote their verified mental health practitioners and services.

### CONTACT PRACTITIONERS

Individuals seeking mental health care contact practitioners or provider groups directly based on criteria-based matches on Psych Hub Connect.

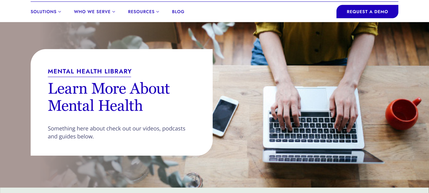
## How it Works

See how Psych Hub Connect creates an informed, frictionless path to care.

REQUEST A DEMO



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MENTAL HEALTH LIBRARY

# Learn More About Mental Health

Something here about check out our videos, podcasts and guides below.

## Educational Content for Individuals

There's so much to know about mental health, whether you are seeking care, trying to understand your symptoms, or supporting others in their moments of need. Tap into Psych Hub's library of content, where you'll find understandable, evidence-based resources about mental health symptoms, diagnoses, and treatment approaches.

## Videos

Boost your mental health knowledge by streaming our library of informational videos.

### Mental Health Literacy Videos

WHAT IS ADHD?

WHAT IS ANXIETY?

WHAT IS SUICIDAL IDEATION?

WHAT IS A PANIC ATTACK?

### Self-Help Videos

MENTAL HEALTH WELLNESS TIPS

HOW TO ASK FOR HELP

POSITIVE SELF-TALK

WHAT IS MINDFULNESS?

### Healthcare Clinician Videos

HEALTHCARE COMPASSION FATIGUE

DIFFICULT CLINICAL INTERACTIONS

SUICIDAL BEHAVIOR: PRESENTATION & TREATMENT

EATING DISORDER PRESENTATION & TREATMENT

### Spanish Videos

¿QUÉ ES TOC?

¿QUÉ ES ANSIEDAD?

ATAQUES DE PÁNICO

SÍNTOMAS DE LA ANOREXIA

Watch more videos on our YouTube channel

PSYCH HUB YOUTUBE CHANNEL

## Podcasts

Listen to hard-hitting conversations with world-renowned experts who offer forward-thinking solutions and answer questions about the evolving landscape of mental health.

### COMING BACK BETTER

Coming Back Better is a podcast where we go on a journey to understand the impact of the COVID pandemic on our mental health and wellbeing and discuss how we can not only overcome, but thrive. This 10-episode series was developed by Psych Hub and HCA Healthcare, in collaboration with Columbia University's Department of Psychiatry.

### FUTURE OF MENTAL HEALTH

Leaders in a new era of mental health, Marjorie Morrison and Patrick J. Kennedy talk to mental health advocates and activists paving the way for a better tomorrow. Listen as we feature the changemakers you need to be following and hear the stories behind their movements.

### REAL TALK WITH GEN Z

Hey Gen Z, we know it's not easy being you. Sit back, relax, and join your peers and experts as they take a deep dive into all things mental health. Each episode features a different set of hosts to give you tips, provide a range of experiences, and connect you with others who understand what it's like to go through mental health challenges. This three-part series is brought to you by the Psych Hub Podcast Network and Aetna, a CVS Health Company.

## Guides

Our free guides remove the guesswork around how you talk about and depict mental health in communications while promoting understanding and reducing stigma.

### STOP THE STIGMA

Productive Tips On Communicating the Complex

Effective mental health communication is one of the biggest drivers for reducing stigma and creating an inclusive environment. Our guide dives into the best mental health communication practices every individual and organization should consider.

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### EQUITY

Be An Advocate

Our guides "BIPOC Mental Health Resources & Anti-Racist Actions for Allies" and "LGBTQ+ Mental Health Resources & Actions for Allies" include information on mental health, anti-racist actions for allies and bias training.

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### SHARING LIVED EXPERIENCES

Help Others With Your Story

Learn to tell mental health stories in a safe way. Research suggests that elevating the voices of people experiencing mental health issues promotes understanding and combats stigma. Our guide dives into best practices for sharing your singular story.

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MORE GUIDES

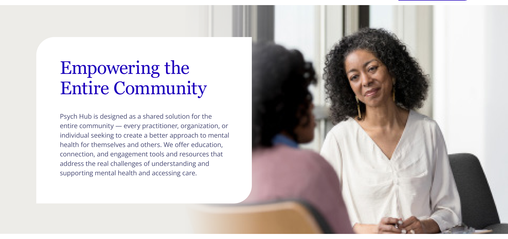
## Need Headline

Learn how Psych Hub can empower the allies in your organization.

REQUEST A DEMO



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# Empowering the Entire Community

Psych Hub is designed as a shared solution for the entire community — every practitioner, organization, or individual seeking to create a better approach to mental health for themselves and others. We offer education, connection, and engagement tools and resources that address the real challenges of understanding and supporting mental health and accessing care.

## Solutions for Everyone in the Mental Health Ecosystem

### FOR EMPLOYERS

## Build a More Supportive Workplace

Employers want to create an environment that fosters cooperation and productivity, and having a proactive and cohesive mental health strategy should be part of the equation. Psych Hub helps by offering employees education on relevant mental health topics and strategies for how to foster a more supportive work culture, turning them into mental health allies.

We also connect employees to the mental health care they need, integrating with an organization's EAP and helping employees become more informed consumers as they search for practitioners covered by their employer-provided insurance, as well as by specialty and location.

LEARN MORE >



**3 in 5**

**3 IN 5 EMPLOYEES HAVE EXPERIENCED NEGATIVE IMPACTS OF WORK-RELATED STRESS IN THE PAST MONTH**

[Source: 2021 American Psychological Association Survey]



### FOR PROVIDER GROUPS

## Equip Practitioners and Attract Clients

Provider groups are scrambling to recruit and retain qualified mental health practitioners, as well as to help those practitioners expand their training in the specializations that clients need. Psych Hub supplies evidence-based, trauma-informed, and culturally responsive educational content — including CE-approved courses — to expand practitioner skills by verifying them in specialized care and position your organization as a quality, evidence-based mental health care provider.

We also offer an online public platform that connects your practitioners with new clients, elevating those professionals who have completed Psych Hub courses to become verified in specialized interventions.

LEARN MORE >

**152M**

**152 MILLION AMERICANS LIVE IN A MENTAL HEALTH SHORTAGE AREA**

[Source: Mental Health America – 2023 State of Mental Health in America Report]

### FOR PRACTIONERS

## Improve Your Practice With Evidence-Based Training

Most mental health practitioners — including masters and doctorate-level — are trained as generalists. This leaves them feeling ill-equipped to deal with the mounting need for specialized treatments for anxiety, depression, trauma, substance abuse disorders, and more. Psych Hub offers practitioners continuing education in areas of specialized competency so they can better meet their clients' needs. Our powerful mental health education and connection platform helps match those looking for treatment with practitioners who have earned Psych Hub verification in specialized care.

LEARN MORE >



**41%**

**41% OF PSYCHOLOGISTS SAY THEY CANNOT MEET THE DEMAND FOR TREATMENT FROM THEIR PATIENTS**

[Source: American Psychological Association 2021 COVID-19 Practitioner Survey]



### FOR PAYERS

## Position Your Network as a Source of Specialized Care

Payers want the core of their covered mental health services to be evidence-based and effective. Psych Hub supports that goal by providing a robust multimedia library of clinically sound CE courses that educate mental health practitioners in specialized therapies. We then provide verification of course completion and competency that becomes visible in our connection platform for plan members searching for in-network licensed mental health practitioners who can meet their needs.

LEARN MORE >

**1 in 4+**

**MORE THAN 1 IN 4 PEOPLE USE AN *OUT-OF-NETWORK* THERAPIST, OFTEN BECAUSE THEY CANNOT FIND ONE COVERED BY THEIR INSURANCE**

[NAMI – The Doctor is Out report]

### FOR INDIVIDUALS

## Gain Understanding and Find Care

Mental health can be confusing. Everyone needs help navigating their mental health journey — or helping a friend or family member do so — at least once in their life, and Psych Hub can help. We provide education and resources for everyday people pursuing better mental health, including understanding symptoms and the types of providers and treatments available. Additionally, not everyone is going to seek care from a mental health practitioner. It is critical that people around those individuals are trained on how to support them during critical moments.

Individuals can access hundreds of free online videos, courses, podcasts, and more on relevant mental health topics. They can also use our online education and connection platform to become informed mental health consumers and nd the right mental health practitioner who is specialized to treat their symptoms, accepts their insurance, and is a good cultural fit.

LEARN MORE >



**41%**

**41% OF PSYCHOLOGISTS SAY THEY CANNOT MEET THE DEMAND FOR TREATMENT FROM THEIR PATIENTS**

[Source: American Psychological Association 2021 COVID-19 Practitioner Survey]

## Our Solutions

Psych Hub provides online educational tools and resources that address the mental health needs facing everyone in the mental health ecosystem. Our solutions include:

### MENTAL HEALTH ALLY HUB

*For those who support mental health*

Educational resources and CE courses for individuals and allies seeking to better understand mental health conditions and treatments.

MORE >

### MENTAL HEALTH PRACTITIONER HUB

*For those who treat mental health*

Learning pathways and CE courses to help mental health practitioners build specialized expertise.

MORE >

### PSYCH HUB CONNECT

*For anyone seeking or offering mental health services*

Online education and connection platform to match individuals with the right practitioner and help them become informed and empowered consumers of mental health options.

MORE >

LEARN ABOUT OUR HUBS

## Learn More

Let Psych Hub help you empower a better approach to mental health.

REQUEST A DEMO



**PSYCH HUB OFFICES**

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646 Hamilton Ave
Nashville, TN 37203

**Dallas**
12222 Merit Dr, Suite 800
Dallas, TX 75251



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COGNITIVE BEHAVIORAL THERAPY

# Foundations: A Skills Based Approach

INTERMEDIATE | CLINICAL INTERVENTIONS
3.00–3.25 CE CREDITS | 3 HRS. 15 MIN
CE INFORMATION >

START LEARNING

## ABOUT THE COURSE

A prerequisite to our other cognitive behavioral therapy courses, Cognitive Behavioral Therapy Foundations begins by teaching the therapeutic model that cognitive behavioral therapy is based on, then dives right into simple and effective strategies you can use to bolster your practice. Using a selection of learning tools, this course provides transferable skills that may improve the wellbeing of your client, including cognitive restructuring tools, behavioral action planning, emotional coping techniques, and ways to implement measurement-based care. With the support of subject matter experts, practical activities and resources, Cognitive Behavioral Therapy Foundations will set you up for success as you seek to provide your best level of care.

NOTE: This course is a prerequisite for all other cognitive behavioral therapy courses offered by Psych Hub.

COURSE OVERVIEW | LEARNING OBJECTIVES | COURSE OUTLINE

**Estimated Course Length:** 2 hrs. 27 min

**Course Includes:** 3 modules consisting of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games, and more

**Companion Videos:** 8 provider videos to highlight key concepts

**Downloadable PDFs:** 15 downloadable PDFs expanding on relevant course topics

**Target Audience:** Mental Health Providers (licensed professional counselors, licensed clinical social workers, licensed psychologists, licensed marriage and family therapists, psychiatrists, behavioral health nurses); Physicians; Nurses

**Level of Instruction:** Advanced

**Prerequisite:** None

**Instructional Method:** Self-paced, interactive, hybrid of audio, text, video, and learning checks

**Accessibility Accommodations:** Closed captioning of all audio and video components

START LEARNING

Request a Demo

TALK TO A PARTER RELATIONS EXECUTIVE

REQUEST A DEMO

Ready to go deeper into our original mental health content, and create a custom learning experience? Fill out the form to request a demo today. Our team will follow up within 48 hours to discuss how you can get the most out of your Psych Hub preview.



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CONTINUING EDUCATION

# Earn CE Credits for Your Skills

Psych Hub sponsors continuing education through the American Psychological Association, the Accreditation Council for Continuing Medical Education, the American Nurses Credentialing Center's Commission on Accreditation, the Association of Social Work Boards, the California Association of Marriage and Family Therapists, the Commission for Case Manager Certification, the Montana Office of Public Instruction, the National Board for Certified Counselors, the National Board for Health and Wellness Coaching, the New York State Education Department's State Board for Social Work, the Society for Human Resource Management (SHRM), and the Texas Education Agency.




## AMERICAN PSYCHOLOGICAL ASSOCIATION

Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.

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## ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCME)

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AffinityCE and Psych Hub. AffinityCE is accredited by the ACCME to provide continuing medical education for physicians.

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## AMERICAN NURSES CREDENTIALING CENTER'S COMMISSION ON ACCREDITATION (ANCC)

Nurse CE is provided for this program through collaboration between Psych Hub and AffinityCE. AffinityCE is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

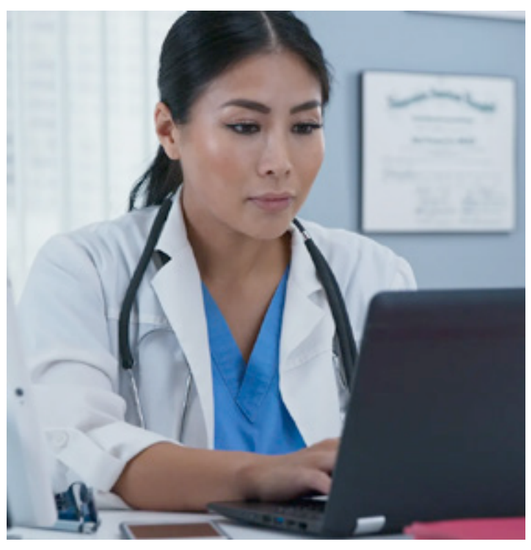
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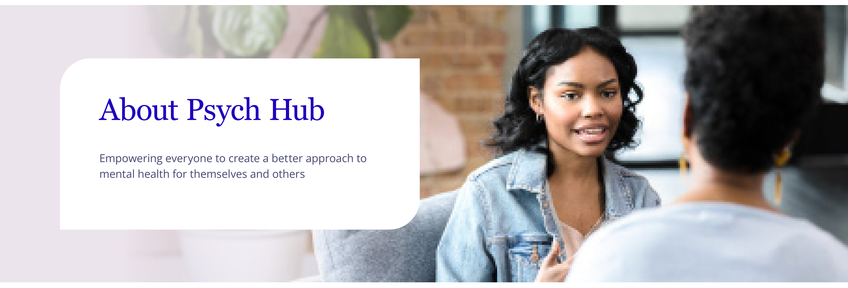
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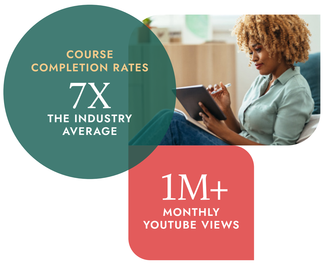


# About Psych Hub

Empowering everyone to create a better approach to mental health for themselves and others

## Our Story

Psych Hub was founded in 2018 to provide critically-needed mental health information and resources for everyone who needs them, including mental health and healthcare practitioners, everyday people, and the organizations that support them. We're committed to empowering people and organizations to create a better approach to mental health for themselves and others through evidence-based educational content and connections to specialized care.

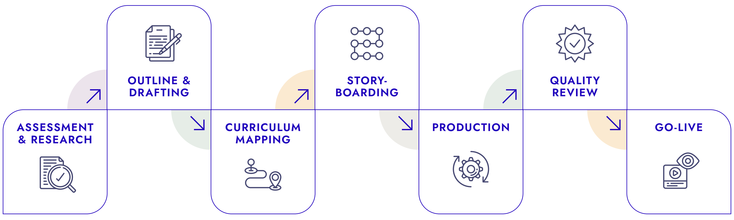



## How We Develop Our Content

All Psych Hub content goes through a lengthy development process guided by a team of educators, mental health practitioners, and communications experts.

We adhere to educational and scientific best practices and insist all content is:

- evidence-based
- trauma-informed
- culturally relevant
- clinically sound




## Expert Oversight Ensures Integrity of Our Resources

At the core of everything we do is our focus on the clinically-sound, evidence-based information that we use to educate, connect, and engage the mental health ecosystem. We develop our own proprietary content with the help of a team of subject matter experts.

Psych Hub enlists internal, academic, and industry experts to both develop and review our content. This ensures the educational resources we provide for both practitioner and non-practitioner learners are clinically sound and evidence based, and in keeping with our aim to educate, connect, and engage the entire mental health ecosystem.

UCLA · Penn · Columbia University in the City of New York · Yale · Harvard University

## Experienced Leaders Committed to Our Vision

Psych Hub's Board of Directors, Scientific Advisory Board and leadership team include some of the most influential thought leaders in the mental health community. Their dedication and common commitment to our mission of empowering everyone to create a better approach to mental health has helped make Psych Hub the world's largest platform for mental health education and connection.

**LEARN MORE ABOUT OUR LEADERSHIP TEAMS**

Our passionate team of change makers reimagines mental and behavioral health education.

LEADERSHIP



## Getting Content to Those Who Need It

Psych Hub works with public, private, and nonprofit organizations to disseminate our mental health education videos throughout the world. We work alongside them to continuously foster meaningful conversations and engaging campaigns.

CTA

## Check out what's new and newsworthy at Psych Hub

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