



# MENTAL WEALTH CONSULTING

## Fostering Mental Wealth One Conversation at a Time!

### THE PROBLEM

Mental Health Stigma has often been cited as a formidable barrier to seeking the proper care and arrangements for mental health needs. Many communities across America have taken viable steps towards addressing social stigma in an effort to lessen the internalization of false perceptions about mental illness. Yet, the major issue is that America has failed to adequately address the conceptual stigma that continues to exist in our current understanding of mental health. The way in which we speak about mental health is often in terms of mental illness, which continues to promote an environment that excludes holistic approaches to wellbeing. The mental health conversation continues to dwell on mental illness without expanding to understand mental wellness as a way to prevent, promote, and support wellbeing.



### SOLUTION



Mental Wealth Consulting is taking a mental health promotion approach, which is a preventive method that focuses on mental health positivity as an educational tool for communities. By developing mental wellness programming that asks participants to place well being at the forefront of their lives, Mental Wealth Consulting will help people become well acquainted with their mental health needs, their triggers, and coping mechanisms. Essentially, we provide three baseline services that are tailored to the needs of the community, including: Training the Trainers, Restorative Workshops, and Curricular Resource Guides.

### THE MARKET

A report done by the Global Wellness Institute found that the Mental Wellness Market grew 12.8% from 2015-2017, from a \$3.7 trillion to a \$4.2 trillion market. The growing interest in mental wellness is transferred into school communities through Social Emotional Learning. Education Week, an independent news source that covers K-12 education conducted a survey in 2018 that found, “90% of K-12 school district leaders have already invested in social-emotional learning products, or plan to do so over the 2019-2020 school year.” MWC hopes to benefit from both markets by bringing quality products and programming to school communities and beyond!



### WHAT SUCCESS LOOKS LIKE



Training the Trainers will create ambassadors for mental wellness and further positive wellness promotion.

The Workshop Sessions will help participants develop their own practices and considerations of mindfulness, with increased consideration of mindfulness and wellbeing in the participants everyday lives.

The Resource Guides will work as a tool to help support leaders and individuals develop practices for themselves, their families, their classrooms, and much more!

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