

# WHY EMPLOYERS NEED CREW

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

Kevin Davis, MPH  
Health and Human Sciences Educator  
Purdue Extension - Marion County  
[davi1044@purdue.edu](mailto:davi1044@purdue.edu)  
317-275-9255



Purdue University is an equal opportunity/equal access/affirmative action institution.