



THE BIG SILENCE

CORPORATE WELLNESS PROGRAMS FOR MENTAL HEALTH

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OUR MISSION

The Big Silence Foundation cultivates conversations and offers resources and programs to destigmatize and change the culture around mental health.

The Big Silence Foundation activates programs and tools to support people's mental health journey at different stages of life from children to adulthood.

We create a 4 step process to support and uplift you on your mental health journey:

SELF AWARENESS AND CLARITY

Starting the conversation within yourself to understand what you are feeling and why.

STRESS AND ANXIETY MANAGEMENT

Tools to help you treat and work through the stresses life can bring.

STRENGTH AND FLEXIBILITY

The foundation for a healthy mind is a strong body.

EMPATHY AND LISTENING

Understanding other people's feelings and spreading positive energy.

Join us to break the silence and make the world a more joyful and loving place.

The Big Silence Foundation is a 501(c)(3) charitable organization.



THE BIG SILENCE

- Helping **everyone** have access to mental health resources & break the **SILENCE**
- Impacting **3 Million** Minds
- Raising **\$3 Million** for Change in the Next Year
- Becoming the **#1** Global Mental Health **Movement**

FOUNDER'S STORY



Karena Dawn, mental health advocate and founder of **Tone It Up**, the leading women's fitness community, is a wellness entrepreneur, New York Times best selling author, NAMI board advisor, mindful meditation coach for Chopra Global, and founder of The Big Silence.

"I created The Big Silence because when I was growing up with a mother with a mental health condition there were no resources, no one was talking about it, and it was very "hushed." We are here to break the silence, to share our stories, to be a resource, to support each other – no more embarrassment, no more shame, no holding back, only healing. Let's make a difference and get loud together."

-Karena Dawn

OUR TEAM



Karena Dawn

FOUNDER, ENTREPRENEUR, NEW YORK TIMES BEST-SELLING AUTHOR, NAMI BOARD ADVISOR, MENTAL HEALTH ADVOCATE, FEATURED BY CHOPRA GLOBAL, TED WOMEN, FORBES, POWERUP

For more than a decade Karena Dawn has empowered MILLIONS of women around the world to live their healthiest and happiest lives.

James Nicholas Kinney

GLOBAL EXECUTIVE, YOGA + MEDITATION TEACHER, DEIA INNOVATOR, AUTHOR, MOTIVATIONAL SPEAKER FEATURED ON CNBC, CNN, CALM

Kinney uses his groundbreaking work in psychology safety, meditation, mindfulness and inclusion to cultivate courage and growth in people and organizations.

As Seen In



HOW WE HELP



Thought Leadership
CONFERENCES & PANELS

FIRESIDE CHATS
with Mental Health Experts
& Leading Industry Minds

Mindfulness
MEDITATION PRACTICES

(VIRTUAL OR IN-PERSON)

**Annual Employee Benefit
RETREATS**

YOGA FLOWS

(VIRTUAL OR IN-PERSON)

COMPANY HEALTH PORTAL
with Exclusive Content
& One-On-One Coaching

THE NEED

We're here to empower, inspire, and bring hope to your workplace, to help your business flourish.

By The Numbers

- **25% of adults with employer-sponsored health insurance**
and clinically significant behavioral health symptoms named “stigma or society’s attitude toward mental health” as the primary deterrent in seeking help.
- **21% of adults and 17% of youth**
experience a mental health illness or disorder
- **50% of all lifetime mental illness**
begins by age 14, and 75% by age 24
- **8.4 million Americans**
are caring for an adult with an emotional or mental illness
- **In the U.S., 45% of individuals**
with a clinical-level mental health problem in need of mental health treatment DO NOT receive it

No Treatment

Untreated depression and anxiety can lead to negative coping mechanisms such as substance misuse, isolation, and risky behavior that can cause serious problems and put a person’s relationships, job and health at risk.

Not receiving care for mental illness **can cause increased risk for chronic illness such as diabetes or cancer.**

Workplace

33% of employees are considering changing companies today because of their mental health.

79% of employees are likely to stay at a company that provides high quality mental health resources.

SUMMARY

The Big Silence corporate wellness program can help change the stigma and ensure a thriving culture and vibrant community of empowered individuals motivated to perform at the highest capacity.



THE BIG SILENCE

Thank You!

TheBigSilence.com