

Mental Health Speaking Services

Who We Are

[The Stability Network](#) (TSN) is a growing movement of people in the workforce who are speaking out about their own mental health challenges to inspire and encourage others. We send our trained Stability Leader speakers—over 300 in 16 countries—into workplaces and community settings to stimulate dialogue about mental health. Our goal is to foster supportive workplaces and communities and motivate individuals to get the care, support, and accommodations they need to thrive.

Why Work with Us?



“The Stability Network is at the forefront of erasing the stigmas of mental illness. The Stability Leaders’ lived stories allow attendees to see the human faces of mental illness and begin to actively think about acceptance, engagement, and involvement in a movement to create solutions for our families, our friends and ourselves.”

– Theo Killion, The Sierra Institute

What We Offer

The Stability Network offers the following speaking services to companies, organizations, and communities. Currently, TSN is offering these services via virtual platforms only. Based on The Stability Network’s Speaker Guidelines, TSN retains 50% of received speaker fees and pays 50% of speaker fees to the Stability Leader speaker(s) to compensate them for their time.

- 1. Single speaker event:** TSN will provide one speaker for an event (up to 60 minutes) on a relevant topic based on the interests of the organization. A representative from the organization will host the event and moderate audience Q&A when relevant. TSN will collaborate with the organization and speaker to ensure the presentation achieves the desired outcome.
 - **Suggested Format:** Speaker presentation followed by moderated discussion and audience Q&A.
 - **Speaker Fee:** \$2,500 to be paid to TSN to cover the time, training, and support of the speaker.
- 2. Panel discussion event:** TSN will provide two to three speakers for a moderated discussion (up to 60 minutes) on a relevant topic based on the interests of the organization. A representative from the organization will host the event and moderate the discussion. TSN will collaborate with the organization and speakers to tailor the discussion questions to achieve the desired outcome.
 - **Suggested Format:** Speaker introductions followed by moderated discussion and audience Q&A.
 - **Speaker Fee:** \$1,000 per panelist, totaling between \$2,000 - \$3,000 to be paid to TSN to cover the time, training, and support of the speakers.

3. Panel discussion/single speaker hybrid:

- **Kick-off panel:** This event will jumpstart the mental health conversation at the organization. It will feature two speakers in a fireside chat format sharing their experiences with workplace mental health. A representative from the organization will moderate the discussion. A quick survey will follow the event to inform the following lunch and learns.
- **Two single speaker lunch and learns:** TSN will provide speakers for two follow-up events which will address specific topics of interest reflected in the survey. In these events, the speakers will share their lived experiences on the topic and field questions in an interactive discussion, moderated by a representative from the organization.
 - **Speaker Fee:** \$7,000 to be paid to TSN to cover the time, training, and support of the speakers.

Additional Support

- **Sharing external resources:** The Stability Network is equipped to share external resources from our existing partners.
 - [One Mind at Work](#)
 - [Center for Workplace Mental Health](#)
 - [Psych Hub](#)
- **Support for employees:** The Stability Network welcomes any employees who are living with mental health conditions to join TSN as Stability Leaders and benefit from all our support offerings.

Potential Topics

(This list is not exhaustive and is meant to spark additional topic ideas)

- Strategies for finding balance and avoiding burnout
- How the COVID-19 pandemic has affected our mental health
- Mental health affects us all: Destigmatizing mental health
- Mental health in the workplace: Talking to a co-worker about mental health
- Co-occurrence of substance use and mental health challenges
- The intersection of racial trauma and mental health (US and UK perspectives)
- We are your colleagues, bosses, and leaders: Mental health conditions as a DEI issue
- Navigating mental health as a caretaker or parent
- Unlearning mental health self-stigma and how to ask for help
- Strength in vulnerability: Destigmatizing therapy for men

Next Steps

If you would like to request one of these speaking services, **please complete our [Speaker Request Form](#)**. We will review your request and reach out to you within two weeks. If you have questions, please reach out to us at info@thestabilitynetwork.org.