

Cost Proposal for the Tooele Chamber Group

Blomquist Hale Solutions will provide its high engagement mental health services for the Tooele Chamber Group for \$5.50 PMPM. By combining groups together, Blomquist Hale can provide services at a lower rate. This fee includes the following:

✓ **In-Person & Video Counseling For Employees & Dependents**
- No Specific Session Limits

✓ **Online Orientation**

✓ **Provided Materials:**
- Posters
- Business Cards
- Notification of Benefit Letter
- Informational Flyers
- Newsletters

✓ **Two Online Trainings Per Year**
- On a yearly basis, Blomquist Hale will provide two trainings on topics such as:

- How to Make the Most out of Your Job
- Customer Service
- Cooperation in the Workplace
- Mental Illness in the Workplace
- Discrimination and Sexual Harassment Prevention
- Difficult Conversations
- Assertiveness Training
- Powerful Interpersonal Communication
- Compassionate Problem-Solving
- Balancing the Stress of Life for a Healthier Lifestyle
- Appreciating Differences
- Power of a Positive Attitude
- Suicide Prevention
- Increasing Personal Happiness

✓ **Online Supervisor Training**
- Unlimited Leader Phone Consultations

✓ **Phone Crisis Response Services**

✓ **Support Now**

- Support Now makes it possible for a client to receive life coaching through connecting with a licensed therapist via phone, text, email or video at any time. Adding this feature and using licensed therapists to provide the support, while at the same time having the resources for clients to be referred or schedule an appointment with a licensed therapist, offers a dynamic, full service solution to emotional health care.

Pricing For Your Complete Mental Health Solution

Blomquist Hale Solution services for
All Tooele Chamber Group employees:

\$5.50 per member, per month

WHEN LIFE GETS CHALLENGING WE CAN HELP

The Blomquist Hale Solutions Program provides direct, **face-to-face** guidance to address virtually any stressful life situation or problem. Not to mention there is absolutely **no cost** to you. Meeting with our team is simple. Call to schedule an appointment today. **(800) 926-9619**

Count On:

- 24/7 Crisis Service
- 100% Confidential
- Professional, Friendly Team
- Convenient Locations
- Extended Hours
- No Co-pay Required

WE CAN HELP WITH

- Marital & Family Counseling 
- Stress, Anxiety or Depression 
- Personal & Emotional Challenges 
- Grief or Loss 
- Financial or Legal Problems 
- Substance Abuse or Addictions 
- Senior Care Planning 

To access our no cost online webinars, please go to:
<https://blomquisthale.com/Work-Shops.html>