

GuardMe™

WELLNESS & LEARNING INITIATIVES

Investing In Human Potential



The Reality

Whether you're leading a school, campus, workplace, or community organization—your people show up every day to do meaningful work. But when everyone is stretched thin, wellbeing gets left to chance instead of design.

Most organizations that respond well when problems arise lack the infrastructure that helps people thrive before challenges escalate. Reactive approaches don't simply cost more than money—they cost people.

How We Work With You



Build Community Capacity

Evidence-based certifications that create lasting change:

- Applied Suicide Intervention Skills Training (ASIST)
- Mental Health First Aid (Canada Only)



Engage & Educate

Interactive learning designed for real-world application:

- Interactive Seminars – tailored to your needs
- Workshops – deep dives into trauma-informed care, cultural safety, burnout recovery



Support Individuals & Teams

Confidential wellness coaching that meets people where they are

Personalized support = proactive prevention



Co-Design Systems That Last

Strategic consultation embedded in your organization:

- Response planning and protocol development
- DEIB and mental health alignment
- Organizational wellbeing strategy

The Shift We Create

We partner with you to build prevention-focused communities where everyone has the tools to support wellbeing—proactively, not reactively.

Our approach builds capacity across three layers:

- Community-Wide Skills – Train everyone to recognize and respond early
- Focused Support – Personalized coaching when challenges surface
- Systems Change – Integrate wellness into leadership, policy, and culture

Contact us to get started



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