

The Situation

Prisha M.*, a pharmaceutical company Vice President and mother of a teenage girl is stressed and distracted. Her daughter has been expressing negative feelings about school, her physical appearance, and fleeting friendships. Now, her daughter seems to be retreating into secrecy and depression.

Prisha is deeply concerned about her daughter's overall well-being, while the distress wears on her, and threatens to bring her work to a standstill.

Employee's Need

- ! Understanding if her daughter is displaying typical teenage behavior or if there is a more serious problem.
- ! Determining if getting help from a licensed therapist is the right thing to do for her daughter and the family.
- ! Gaining knowledge that will help her be a better parent, while allowing her to be more focused at work.

*Name changed to protect the identity of the subject profiled

Torchlight Personal Process Workflow™ in Action



Torchlight Recommended Resources



Webinar

- Helping Your Anxious or Depressed Child
- Your Child's Mental Health



Podcast

- Addressing Teen Stress, A Parent's Guide Part 1
- Addressing Teen Stress, A Parent's Guide Part 2



eGuide

- Strategies to Address Anxiety
- Strategies to Address Depression



Tool

- Choosing a Therapist for Your Child – Questionnaire

Testimonial

“The webinars are very informative and presented in a way that is easy to understand. The instructors do a great job answering employee questions as well as providing useful resources for additional topic information.”

~ Prisha M., Pharmaceutical Company

Outcomes

- ✓ Time Savings
- ✓ Stress Reduction
- ✓ Productivity Increase

To learn more about Torchlight, please contact us at caring@torchlight.care or www.torchlight.care

