



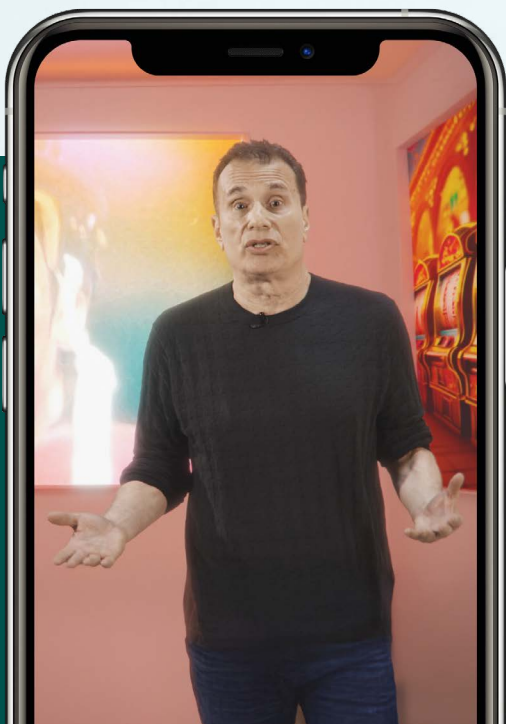
In partnership with  
Michael Landsberg

# First Step program

with Michael Landsberg

Strengthen your organization's mental health offering with First Step, a unique self-guided mental health support program from GreenShield Health, in partnership with Michael Landsberg, mental health advocate and Canadian broadcaster.

Available exclusively on GreenShield+.



First Step is a series of e-learning modules created by Michael Landsberg. This program provides a non-clinical approach to building resilience and empowers people to take steps toward managing their mental health. It is best suited for people experiencing mild to moderate symptoms of depression and anxiety.

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## Module 1

### The Tour Begins.

This journey starts with the unexpected, Michael's own realization that mental health is nothing like he thought. Together, you'll uncover surprising truths about mental health challenges, tackle stigma, and explore what that really feels like. These chapters reveal how mental health challenges can take you by surprise and how hard it can be to admit there's a problem. It's about opening up, getting real, and maybe even seeing yourself in a new light.

## Module 2

### Yes, Stigma is Still Around.

Stigma isn't just an external thing. It's often something we carry inside ourselves. This module takes you through Michael's struggle with self-doubt, shame, and embarrassment. These were all factors that kept him from seeking help. Through personal stories and pivotal moments, Michael explores how stigma almost silenced him and demonstrates why speaking up (to friends, family, or even strangers) can make all the difference.

## Module 3

### The Voice We Hear. The Mask We Wear.

In this module, Michael introduces you to a familiar but unwelcome companion: the inner critic. He goes into what it's like to live with a voice that's constantly whispering doubts and negativity. Through candid stories from his personal and public struggles, Michael explores how to confront this relentless inner voice and begin reclaiming self-worth, offering insight for anyone facing their own inner battles.

## Module 4

### Finding Hope.

Hopelessness is a feeling that accompanies mental health challenges, casting doubts that can seem impossible to escape. This module is all about facing that feeling and finding the glimmers of hope that keep us going. Through stories of close calls and survival, Michael shares how even the smallest flickers of hope can make a difference and why they're worth holding onto in the darkest times. guides them in how to provide meaningful support.

## Module 5

### How to Provide Caregiving.

Some people won't battle mental health challenges firsthand, but almost everyone knows someone who does. This module is designed for those who want to be better caregivers and allies, offering insight into what it takes to support someone with empathy and understanding. Michael shares practical advice for those who've never experienced mental health challenges themselves and for those who have, guides them in how to provide meaningful support.

## Module 6

### Let's do this! As Me as Can Be!

In this final module, Michael brings everything together in a powerful call to action. Through stories of resilience and recovery, he emphasizes the courage it takes to take that first step toward healing. Whether you're starting your own journey, resuming the fight or supporting someone else, this chapter is about finding hope, embracing change, and believing that healing is possible. It's a reminder that mental health recovery is a journey, and this could be the first step.

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Reach out to us to learn more about our services.



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