

FREE VIRTUAL PRESENTATIONS



Building Resiliency and Understanding Trauma This 2-hour presentation focuses on understanding and defining trauma and different trauma types; Impact of trauma on the brain; Child Traumatic Stress (CTS); Adverse Childhood Experiences (ACEs); Adverse Community Experiences and Resilience (ACE | R); Resiliency and being trauma-informed. Disponible en Español bajo petición.

Mental Health 101 This 1.5-hour presentation focuses on understanding mental health, mental health vs. mental illness, mental health spectrum, stigma reduction, risk and protective factors, and available resources. Disponible en Español bajo petición.



Self-Care and Wellness This 2-hour presentation focuses on understanding how stress affects you: psychological, spiritual, interpersonal, and physical impacts. Also, strategies to help you manage stress and build resiliency, practicing the different strategies through guided virtual activities, available resources, and how to connect. Disponible en Español bajo petición.

Know the Signs This 2-hour presentation focuses on understanding how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis, and where to find professional help and resources. Disponible en Español bajo petición.

Pain Isn't Always Obvious

KNOW THE SIGNS

Suicide Is Preventable.org



Scan the QR code to register or for more information