

What is Mental Health, Really? Understanding Mental Health and Challenging Stigma

Audience: Community members ages 10+

Content level: Beginner/Introductory

Description: Participants will learn about common mental health disorders and their prevalence, the ways in which mental and physical health are linked, and leading scientific explanations for mental health disorders. Participants will hear firsthand stories from Americans with mental health diagnoses to better understand their perspectives. Mental health stigma will be defined and explored, including the effect of stigma on help seeking. Participants will be encouraged to challenge mental health stigma in their communities and families with everyday practices.

Daily Struggles or Mental Disorders? How to Tell the Difference and Get Help for Yourself or Others

Audience: Community members ages 15+

Content level: Beginner/Introductory

Description: Participants will learn warning signs of mental health disorders, life experience predictors of mental health disorders, how to seek help, and how to support loved ones who may be struggling with mental health. Participants will learn about resources in the community and online to support theirs and others' mental well being and be given tools to evaluate their own mental health and wellness.

Stress and Coping 101

Audience: Community members ages 15+

Content level: Beginner/Introductory

Description: Participants will learn how the human mind and body react to stressful experiences, evaluate their own patterns of coping with stress, and learn and practice a variety of evidence-based coping strategies proven to be effective to reduce stress and improve mental and physical well-being, with an emphasis on mindfulness and breathing techniques.

How to Support Our Youth

Audience: Adult community members who have a role in a child or adolescent's life (e.g., parents, grandparents, aunts/uncles, foster parents, teachers, child care providers, youth leaders)

Content level: Beginner/Introductory

Description: Participants will learn about positive emotional and behavioral support strategies.