Mental Health Awareness
Starting the conversation about mental health is an important first step in any workplace. Participants will be introduced to NAMI Chicago and learn how to recognize signs that someone may be struggling with their mental health, as well as what to do to support them.

Workplace Wellness
Organizations have a unique opportunity to promote mental wellness among staff. This training will address workplace stigma, burnout and other barriers to mental wellness and how to cultivate a mental health-focused culture.

Practicing & Promoting Self-Care
How do we achieve a healthy work-life balance? How can we add more calm into our work lives? In this training, NAMI Chicago will discuss boundary-setting and help participants develop individualized self-care practices.

Inspirational Leadership: How Leaders Can Create a Culture of Wellness
Leaders at any level of an organization have the ability create a wellness-focused workplace culture. NAMI Chicago will help participants develop their own leadership statement and better understand the crucial role they play in the wellness of their team.
## Specialized Mental Health Training Options

### Mental Health Awareness
- Common mental health warning signs
- Stigma and additional barriers to mental health care
- De-escalation techniques

### Workplace Wellness
- Common barriers to mental wellness in the workplace (stress, burnout, stigma)
- Overview of warning signs
- How to support a colleague that may be struggling

### Compassion Fatigue, Secondary Trauma & Post-traumatic Stress Disorder (PTSD)
- Common warning signs
- Overview of professions at risk of trauma exposure
- Treatment options

### Crisis Intervention & De-escalation Techniques
- How to utilize active listening & empathy as de-escalation strategies
- Things to avoid when interacting with someone in crisis
- Role play scenario group debrief (optional)

### Practicing & Promoting Self-Care
- Stress management techniques
- How to set healthy boundaries
- How to develop your own self-care practice

### Inspirational Leadership: How Leaders Can Create a Culture of Wellness
- Strategies for leaders to support their team and encourage mental well-being
- How to develop a leadership statement and put it to practice

### How to Have a Conversation About Suicide
- Overview of risk and protective factors
- Warning signs
- Assessing for imminent risk
- Communication techniques and resources

### Youth Mental Health
- Strategies for supporting a young person struggling with their mental health
- Helpful resources

### Bridges of Hope Faith Community Training
- Overview of mental health warning signs
- Strategies for faith communities looking to support members' mental wellness

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NAMI Chicago is also proud to offer consultation on workplace mental health-related policies and procedures. If interested in learning more about consulting or training, kindly email Sierra Petersen, Training Coordinator at sierra@namichicago.org.

We'd love to work together.