Mental Health Awareness
The first step to supporting your own and others’ mental health is awareness. This training will provide a foundation of knowledge on mental health & wellness. We will share resources, dive deep into the definition of wellness, learn how to recognize when someone is struggling, and identify ways to be supportive. Attendees will also leave the session with wellness strategies to better manage stress and engage in self-care. Lastly, to reduce the stigma around mental health, a NAMI Chicago Ambassador who will share their story of hope and recovery.

Youth Mental Health
The Supporting Youth Mental Health training will teach staff and/or volunteers about mental health and signs that a young person participating in their programming may need additional support with their mental health. The presentation will include a discussion about why safe adults matter in the lives of young people, instruction on how to support a young person depending on the role of the adult, and an introduction on how to utilize NAMI Chicago as a resource while supporting a young person or a family.

How to Have a Conversation About Suicide
The purpose of this presentation is to equip staff with the knowledge and skill necessary to approach having a conversation across situations. Through talking about myths, misconceptions, and statistics we aim to bolster knowledge and reduce stigma around suicide. By discussing risk factors, warning signs, and protective factors, staff will learn when someone may be at risk and things that need a response. The presentation will end with a comprehensive approach to suicide response, focusing on NAMI Chicago’s polices, how to intervene, and an introduction to how to provide support for someone either preventatively or as a response to suicidal crisis.
MENTAL HEALTH & WELLNESS TRAININGS

for your group, school, businesses, and organizations

TRAINING & EDUCATION MENU

Exposure to Trauma and Building Resilience
Exposure to Trauma & Building resilience will provide the opportunity to engage in meaningful education, discussion, and activity that addresses each individual’s unique life experience. Participants will better understand mental wellness and the impact of exposure to trauma. Participants will learn how to support themselves, their peers, and together we will create a space to develop intentional wellness. Lastly, participants will enhance their knowledge of NAMI Chicago as a resource.

Crisis Intervention and De-escalation
NAMI Chicago’s Crisis Intervention & De-escalation Techniques 1-1.5 hour training teaches participants how to recognize when an individual is experiencing a mental health crisis and how to utilize verbal de-escalation techniques to build rapport. Participants will engage in specialized role play scenarios in which multiple options for interventions will be discussed. Crisis Intervention Team (CIT)-trained police officers and other emergency resources will be discussed, including how to utilize our Helpline in crisis situations.

Workplace Wellness
In this 1 hour workshop, participants will learn about NAMI Chicago’s resources, dive deep into the definition of wellness, learn how to recognize when a colleague is struggling, and identify ways to be supportive. To round out the session, participants will create their own “Wellness Plan” in order to better manage stress and engage in self-care. Help your team develop skills such as:

- Mindfulness in the Workplace - Mindfulness helps leaders and employees reflect effectively, focus sharply on the task at hand, master peak levels of stress, and recharge quickly. On an organizational level, mindfulness reduces sick days, increases trust in leadership, and boosts employee engagement.
- Gratitude - One easy approach to strengthen relationships and building trust amongst teams is through gratitude. In fact, creating a culture of appreciate significantly improves retention and employee satisfaction. Proven science supports how gratitude can impact you physically, psychologically, and socially.
- Trust & Distrust: Why Good Employees Make You Feel Safe - Every environment has a tone. Employees who can develop sincere relationships with their team are more likely to build sustainable connections. Emotional intelligence can help build inclusion and safety in the workplace.
- Empathy in the Workplace - In the workplace, empathy is positively related to job performance. The ability to be compassionate and connect with others is critical to our lives, both personally and professionally.

Navigating Transitions
Teams have had to navigate transition in the workplace more than ever before beginning in Spring 2020. The National Alliance on Mental Illness (NAMI) Chicago will provide a reflective space to consider common emotional responses to change. Participants will also learn effective ways to advocate for one’s own needs during a challenging time as well strategies for empowering colleagues, direct reports, and leaders to support their own mental health.
Inspirational Leadership: How Leaders Can Create A Culture of Wellness

Leaders have a key role to play in recognizing when an employee may need extra mental health support. In this interactive training, management will learn how to identify the warning signs that someone is struggling with their mental health, communication techniques, and strategies for supporting employees' mental health moving forward. Management will also have the opportunity to practice how they would respond to different workplace mental health-related situations. Finally, there will be an option for a question and answer period with the NAMI Chicago training facilitator.

Bridges of Hope

Bridges of Hope is a 1.5 hour mental health training designed to educate faith communities about mental health. The training provides an overview of common mental health warning signs as well as ways for faith communities to de-stigmatize mental health and create an open, welcoming culture for those who seek guidance around their mental health. NAMI Chicago’s free, confidential mental health resources will also be discussed. To spread hope and provide an opportunity to get real about mental health, the training will conclude with a NAMI Chicago Ambassador who will share their story of hope and recovery.
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