

Mental Health America of Northeast Indiana (MHANI) works towards increasing mental health knowledge in the community so that individuals facing a mental health condition are better understood. Trainings can be customized to meet your audience's unique needs. In-person and virtual options available.

FOUNDATIONAL TRAININGS



UNDERSTANDING MENTAL HEALTH

Learn how everyone has a mental health and when we break down stigma, bring awareness to mental health challenges and learn to offer support to ourselves and others, we reduce barriers to living happy, healthy, fulfilling lives. | 1.5 Hours
Cost: \$40/person

STIGMA & MENTAL HEALTH

Learn how to reduce the impact of stigma when we change our language, understand the warning signs, and learn how to have a conversation around mental health | 1.5 Hours
Cost: \$40/person



THE SCIENCE OF STRESS

Stress is a common and regular experience for most American adults but has negative impacts on both our brain and body. Understanding the impacts of stress and how to manage it are vital for keeping us mentally and physically healthy. | 1.5 Hours
Cost: \$40/person

PARENTING WITH MENTAL HEALTH IN MIND

With information on how to connect and communicate with their children, as well as resources to go to for help, this course teaches parents to nurture positive mental health for their children as well as tips for taking care of themselves. | 1.5 Hours
Cost: \$40/person



NAVIGATING A MENTAL HEALTH CRISIS

Knowing how to identify and manage a mental health crisis can help someone who is struggling. With crisis intervention techniques and mental health resources, this course teaches you to help someone through a crisis while also taking care of yourself. | 3 Hours
Cost: Contact for pricing

EVIDENCE-BASED (EB) TRAININGS



QUESTION PERSUADE REFER (SUICIDE PREVENTION)

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide | 3 hour training

Cost: Contact for pricing

MENTAL HEALTH FIRST AID FOR YOUTH WORKERS

Learn how to help a young person who is experiencing a mental health or addictions challenge or is in crisis | 8 hour training

Cost: \$150 per person (Includes workbook, CEU certificate and lunch)



CUSTOMIZED TRAININGS



CORPORATE TRAININGS

Partner with MHANI to provide mental health trainings and workshops to your employees. After a no-cost consultation and employee assessment, we will develop customized trainings that address your organizations needs. Length and cost varies.

FAITH-BASED TRAININGS

MHANI is dedicated to breaking down the mental health stigma in all its form and environments, including places of worship. Foundational trainings can be adapted to meet the needs of religious leadership and congregations alike.



Don't see what you're looking for or interested in learning more?



CONNECT WITH US

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mhanortheastindiana.org

