

# MENTAL HEALTH TRAINING & EDUCATION

At Mental Health America of Northeast Indiana (MHANI) it is our goal to educate and share important information in our local community to reduce the stigma around mental health. Trainings can be customized to meet your audience's unique needs. In-person and virtual options available.

Thanks to grant funding we are able to offer most of these trainings free of charge.



## FOUNDATIONAL TRAININGS

Learn about the foundations of mental health and how it affects an individual's well-being. Training topics include Stigma & Mental Health, Understanding Mental Health, The Science of Stress, and Navigating a Mental Health Crisis.



## WORKPLACE WELLNESS

Cultivating a mentally healthy workplace requires collaboration and investment from all levels of the organization. Partner with us to provide trainings to address your specific workplace needs.



## EVIDENCE-BASED TRAININGS

Certified trainers are available to provide evidence-based trainings including Youth/Adult Mental Health First Aid and Question Persuade Refer (QPR). These trainings cover a variety of mental health and suicide prevention topics.

## INTERESTED IN LEARNING MORE?



## CONNECT WITH US

 (260) 422-6441

 [mhanortheastindiana.org](http://mhanortheastindiana.org)