

# MENTAL HEALTH Minnesota

*The Voice of Recovery*

## 2017 Presentation Descriptions

**Mental Health 101** - An overview of the history of mental health care, signs and symptoms of mental illness, recovery, and how to find support and services

**Mental Health 101 for Educators** - An overview of the history of mental health care, signs and symptoms of mental illness, recovery, how to support students who are living with a mental illness, and resources educators can provide to their students

**Recovery 101** - What is mental health recovery? From the perspective of people who have experienced living with a mental illness

**Systems 101** - An overview of the mental health system in Minnesota, including programs and services that are available to people with a mental health diagnosis

**Understanding Crisis** - How friends, family members and mental health care providers can provide support to someone who is experiencing a mental health crisis

**Reducing Stigma** - History of mental health stigma, self-stigma, stigma in the media, speaking out against stigma

**Public Policy Advocacy** – Effective ways to advocate for change in the mental health care system at a grassroots level