



## Presentation Catalog

**B4Stage4: Changing the Way We Think About Mental Health:** When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. So why don't we do the same for individuals who are dealing with potentially serious mental illness? In this presentation, we will talk about our #B4Stage4 approach to mental health care, as well as the importance of prevention, screening, early treatment and support.

**The Real Picture: Minnesotans' Personal Recovery Stories:** The best way to understand mental health recovery is to hear about it from people who have struggled with mental illness, are working on their recovery and are willing to share their stories to inspire hope and understanding. This presentation showcases the unique stories of Minnesotans who live with mental illness.

**Mental Health Minnesota: Services We Provide for Minnesota:** Mental Health Minnesota provides a number of services and support to people across the state of Minnesota who may be struggling with their mental health. This presentation provides an overview of the resources, programs and services provided by the organization, which are all free, anonymous and confidential.

**Managing Stress and Anxiety:** Finding ways to manage stress and anxiety can be difficult, especially now. This presentation will address common sources of stress and anxiety, and walk through tools and resources that can help.

**Understanding Mental Health Crisis:** If you or someone you care about experienced a mental health crisis, would you know what to do? This presentation provides information about how to provide support to a person experiencing a mental health crisis, and provides information about mental health crisis and suicide prevention services that may be able to help.

**Tools and Resources in Mental Health Crisis Planning:** You can never really plan for a mental health crisis, but you can be prepared if it happens, especially if you've dealt with mental health crises in the past. Mental Health Minnesota has an entire toolkit dedicated to crisis planning, and will through the importance of crisis planning, as well as our toolkit, during this presentation.

**Stigma: The Impact of Stigma and What You Can Do to Change It:** Stigma impacts people's willingness to talk about mental health, as well as whether they ask for help when they need it. In this presentation, learn how your words and actions may be contributing to mental health stigma, and what you can do to provide a listening and non-judgmental ear to those in your life who might need it.

**Mental Health 101:** This presentation provides an overview of mental health care (past and present), signs and symptoms of common mental health conditions, and how to find treatment, services and support.

**Mental Health 101 for Educators:** This presentation provides similar information provided in Mental Health 101, but with a focus on youth, how to support students who are living with a mental health condition, and resources educators can provide to their students.

**Mental Health Resources for Healthcare Providers:** This presentation provides an overview of common mental health conditions, the importance of addressing mental health needs alongside physical health concerns, how treatment and services are commonly accessed, and resources and information to provide to clients and patients.