



# 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 and Youth/Young Adults:** While many of us struggle at times with our mental health, the pandemic has created significant additional stress, anxiety and depression. This is especially the case for youth and young adults as they have worked to navigate school, relationships and more during this time. This presentation provides information about common mental health concerns for youth and young adults, the increased demand for services and support, and resources available.

**Understanding and Building Resilience:** Psychological resilience reflects the ability of an individual to successfully adapt to difficult or challenging life experiences. Building resilience is important for all of us as we encounter life situations that significantly impact our mental, emotional and physical well-being. This presentation will provide information about resilience, why it's important, and provide tools and resources to help people build skills for resilience.

**Mental Health Prevention 101:** Mental health prevention work is incredibly important in helping people take care of their mental health in a proactive way, but it is not well understood. In this presentation, we will talk about primary, secondary and tertiary prevention, and what you can do to take care of your mental health (and help others) in a way that supports well-being and helps prevent crisis.

**Mental Health Crisis Planning:** 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, provides information about mental health crisis and suicide prevention services that may be able to help, and discusses the importance of crisis planning (and provides tools to help).

**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 Minnesota: Services We Provide for Minnesota:** Mental Health Minnesota provides support, services, resources and tools 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, confidential and available statewide.

**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, resources and information to provide to clients and patients, and tips and tools for healthcare providers to take care of their own mental health.