

# MENTAL HEALTH AMERICA OF GEORGIA TRAININGS

## OUTREACH WELLNESS LEARNING (OWL)

### MENTAL HEALTH 101

TUESDAY, JANUARY 10, 2023

6:00 PM - 7:00 PM

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*Through this training participants will:*

- 1. Explain the differences between mental distress and mental illness.*
- 2. Describe common mood and anxiety disorders and their signs and symptoms.*
- 3. Demonstrate effective coping strategies during periods of stress.*

Tuesday, January 31, 2023

12:00 PM - 1:00 PM -

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## MENTAL HEALTH CRISIS

SATURDAY, JANUARY 14, 2023

3:00 PM - 4:00 PM

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A crisis is understood to be “the perception or experience of an event or situation as an intolerable difficulty that exceeds the person’s current resources and coping mechanisms.” Through this training participants will:

- 1. Describe types of mental health crisis and how to assess for risk of harm.*
- 2. Identify effective coping strategies to empower individuals to seek help.*
- 3. Demonstrate ways to effectively respond to a person in crisis.*

## OUTREACH WELLNESS LEARNING (OWL)

### STRESS MANAGEMENT

TUESDAY, JANUARY 17, 2023

12:00 PM - 1:00 PM

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*Chronic stress can create a host of chronic mental and physical health problems. This 45-minute seminar will describe the impact of stress on mental health, explain prevention strategies to manage stress levels, and demonstrate effective stress reduction techniques.*

*During this training, participants will:*

- Describe the impact of stress on mental health*
- Explain prevention strategies to manage stress levels*
- Demonstrate effective stress reduction techniques*

## LEADERSHIP EMPOWERMENT ACCESS PROGRAM

### (LEAP)

### KEYS TO ACADEMIC SUCCESS

TUESDAY, JANUARY 19, 2023

3:30 PM - 4:00 PM

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*If you’re considering going to college and may not know where to start, let us help you explore and prepare for all things possible.*

*Preparing for academic success with this workshop and we will help you find local resources to support your current academic success, research and identify your needs and wants for college, how to identify your career interests, and how to gain financial support to afford your college options.*

## QUESTION, PERSUADE, AND REFER: SUICIDE PREVENTION GATEKEEPER TRAINING

*QPR is a 75-minute educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond.*

*Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The training is delivered by certified QPR gatekeeper instructors.*

Wednesday, January 11, 2023

6:00 PM - 7:15 PM

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Wednesday, January 18, 2023

12:00 PM - 1:15 PM

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Wednesday, January 25, 2023

12:00 PM - 1:15 PM

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Wednesday, January 28, 2023

3:00 PM - 4:15 PM

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