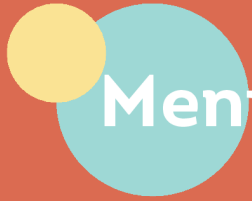


LOST & FOUND



Mental Health Presentation Menu: College Students

Mental Health Foundations for Students

Description: Explore the key factors that impact mental health, from daily stressors to long-term resilience. This session covers topics like mental health risks, protective factors, suicide prevention, and essential resources. Participants will engage with the material through solo and small group activities, guided by a workbook provided during the session.

Length: 45-60 minutes

Format: In-person or virtual

Materials: Workbook

Mental Health Skills for Student Leaders

Description: Gain valuable insights into supporting both yourself and your peers in leadership roles. This presentation teaches how to recognize mental health challenges in yourself and others, while developing essential self-care strategies. Learn when and how to make professional referrals, so you can create a healthy, supportive environment for all.

Length: 45-60 minutes (with an optional in-depth 2-hour version)

Format: In-person or virtual

Materials: Boundaries & Self-Care Worksheet

Supporting You: Boundaries, Self-Care, and Coping Skills

Description: Develop a deeper understanding of how setting boundaries, practicing self-care, and building resilience can positively impact your relationships and personal well-being. This session offers hands-on tools and worksheets to help you define your boundaries and craft an actionable self-care plan.

Length: 45-60 minutes

Format: In-person or virtual

Materials: Self-Care Plan & Boundaries Worksheet

Being an Advocate: Assertive Communication & Bystander Intervention

Description: Learn the power of assertive communication and how to effectively intervene as a bystander. This session includes practical exercises to help you build the confidence to advocate for yourself and others, equipping you with the skills to engage in difficult conversations and take action when necessary.

Length: 45-60 minutes

Format: In-person or virtual

Materials: Assertive Communication Practice Activity & Upstander Scenario Discussion

Embracing Inclusivity and Mental Health

Description: Discover what it means to foster inclusivity in your community by exploring the challenges faced by underrepresented groups. This presentation helps participants understand bias, both conscious and unconscious, and provides strategies to relate to others with empathy and without judgment.

Length: 45-60 minutes

Format: In-person or virtual

Materials: Inclusive Language Handout & Worksheet

Building Resilience: Personal Development & Your Mental Health

Description: Uncover the key traits of resilient individuals and learn how to cultivate those qualities within yourself. This presentation walks participants through the process of building a personalized resilience plan that promotes mental health and personal growth.

Length: 45-60 minutes

Format: In-person or virtual

Materials: Resilience Plan Worksheet

Lost&Found student facing educational presentations are offered to campus partners at no cost. To schedule a session for your classroom, club, or group please contact your campus' Lost&Found Community Prevention Advisor.

