



LOST & FOUND

Community Mental Health Presentation Menu

Let's Talk About Mental Health

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: Let's Talk About Mental Health Guide Download

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