



**nami**

National Alliance on Mental Illness

Metropolitan  
Baltimore

# STIGMA REDUCTION

PEER-LED MENTAL HEALTH TRAININGS

**So many options! Here are some good places to start:**

## **NAMI In Our Own Voice**

Hear personal perspectives of mental health conditions, as leaders talk openly about their lived experiences around what happened, what helped, and what's next.

## **Stigmafree Workplace**

Hear the personal experiences of working individuals who have had struggles with their mental health, and learn some ways that your company can help end the stigma.

## **Virtual Voices**

A 90 minute immersive workshop designed to build empathy by allowing participants to better understand what it is like to live with auditory hallucinations.

**Looking for something more specific? We got you covered.**

## **Anxiety and Depression Panel**

Hear experiences of people living with anxiety and depression. Learn about ways they cope and how their workplaces accommodated their mental health condition.

## **Burnout and Building Resilience**

Sixty-three percent of employees experience burnout. This presentation discusses the very real impacts of burnout on workplace culture, and helps employees build their resilience toolbox.

**Our presentations feature trained volunteers with lived experience who share their personal mental health journeys. Presentations are 60 minutes long unless otherwise specified.**

**TURN ME  
OVER!**

# STIGMA REDUCTION

## PEER-LED MENTAL HEALTH TRAININGS (CONTINUED)

### Compassion to Care

An informational presentation about how care practitioners can support their patients' mental health at every step of their care.

### The Intersection of Race & Mental Health

Members of the BIPOC community experience disproportionately high levels of mental health stigma. This presentation explores those disparities and the impact of race on mental health.

### Men's Mental Health

Men are significantly less likely to reach out for mental health support when compared to women. That's why we share stories from men living with mental health conditions, to end stigma and foster support.

### Mental Health at Home

Learn about the ways your employees can manage their own or a family member's mental health outside of the workplace.

### Mental Health in the LGBTQIA+ Community

Hear experiences from a member of the LGBTQIA+ community about how discrimination and stigma have affected their mental health, and how they cope.

### Mental Health in the Service Industry

Learn about the ways being in the service industry could affect a person's mental health, and learn some tips on how to manage yours.

### NAMI Ending the Silence for Families

A presentation for parents and guardians to learn to recognize early symptoms of a mental health condition, start conversations about mental health at home, and offer support to children and young adults.

### Understanding Substance Use Disorders

Many employees struggle with substance or alcohol use. Learn about its prevalence, how it impacts the workplace, and how to foster a culture of care and compassion.

### Understanding Suicide

Trained volunteers share their personal stories involving suicide and suicidal ideation. Attendees will understand the prevalence of suicide and learn about local resources for anyone struggling.



SUGGESTED DONATION PER PRESENTATION \$500.00

UNSURE ABOUT THE PRICE? CONTACT US ANYWAY.  
WE WILL MEET YOU WHERE YOU ARE.

WHERE IT GOES

