

## **OUTREACH WELLNESS LEARNING**

Outreach Wellness Learning (OWL) Seminars are a series of mental health and wellness presentations designed to address the pervasive challenge of mental health stigmas and provide resources for mental wellness. OWL seminars teach individuals to: Recognize signs and symptoms of mental illness, practice effective strategies to gain/maintain good mental health, and find help sooner for mental health conditions. Each seminar is one hour.

### **MENTAL HEALTH 101**

Everyone has mental health, it is defined by how we think, feel, behave, and cope. Through this seminar, participants will learn to explain the difference between mental distress and mental illness, describe common mood and anxiety disorders and their signs and symptoms, and demonstrate effective coping strategies during period of stress.

### **WORKPLACE WELLNESS**

Maintaining a healthy balance between work and home improves work performance and personal relationships. Through this seminar, participants will learn the difference between mental distress and mental illness, describe common mood and anxiety disorders and their signs and symptoms, and demonstrate effective coping strategies for personal & professional settings.

### **STRESS MANAGEMENT**

Chronic stress can create a host of chronic mental and physical health problems. Through this seminar, participants will learn the impact of stress on mental health, explain prevention strategies to manage stress levels and demonstrate effective stress reduction techniques.

### **MENTAL HEALTH CRISIS**

Mental health has a spectrum of health states, from wellness to illness. Mental crisis can occur at any point along the spectrum. Through this seminar, participants will learn types of mental crises, assess for risk of harm, identify effective coping strategies to empower individuals to seek help and demonstrate ways to effectively respond to a person in crisis.

### **LIVING WITH MENTAL ILLNESS (ADULT OR YOUTH)**

Most people know someone living with mental illness or may experience it themselves. There are many skills that can be acquired to manage mental illness in daily living. This session will explore common mental health disorders, provide effective ways to support someone with a mental illness, and promote wellness and eliminate stigma associated with mental illness.

**Contact Program Coordinator for registration & additional information: [info@mhageorgia.org](mailto:info@mhageorgia.org)**



### **SELF CARE IS NOT SELFISH: CAREGIVER WELLNESS**

Caregiving is a role that we play daily to others that are in our lives simply because we care for and love those individuals. Through this seminar, participants will recognize and manage stress as an aspect of self-care and explore strategies to develop or add to your self-care plan.

### **MY LIFE IS A GIFT: SUICIDE PREVENTION FOR SURVIVORS OF SUICIDE**

Suicide is the 10th cause of death in Georgia. For each suicide, there are roughly 25 attempted suicides and up to 230 individuals who have serious thoughts of suicide. Through this seminar, participants will learn the impact of suicide and the relation to behavioral health, describe signs, symptoms & interventions effective for suicide prevention, and explore ways to provide support to individuals after a suicide attempt.

### **BUILDING RESILIENCE FOR YOUTH**

While a child is developing, their social-emotional development is just as important as their physical growth. Through this seminar, participants will learn about social emotional development and the impact of trauma, identify ways to build and strengthen resilience in children and demonstrate self-care practices to prevent caregiver fatigue.

### **MATERNAL MENTAL HEALTH**

Mental illness during and after pregnancy can have profound adverse effects on the mother, baby, and loved ones. Through this seminar, participants will understand the prevalence of perinatal mood and anxiety disorders (PMADs), describe common PMAD's signs, symptoms & treatment options, and demonstrate effective ways to screen for postpartum depression using the Edinburg Screening Tool

### **SUPPORTING VETERANS AND THEIR FAMILIES**

Often mental health and mental illness are misunderstood by individuals due to lack of knowledge, stigma associated with mental illness, and avoidance of conversations regarding mental health and wellness. It is important to understand that everyone has mental health, but not everyone is diagnosed with a mental illness. Through this seminar, participants will gain an understanding of the scope of suicide among veterans and recognizing risk factors to administer immediate intervention is crucial to supporting veterans suffering with experience-related mental health challenges.

*Visit our website to learn about other programs offered by  
Mental Health America of Georgia! [www.mhageorgia.org](http://www.mhageorgia.org)*

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registration & questions: [info@mhageorgia.org](mailto:info@mhageorgia.org)**

