

NAMI DELAWARE CUSTOMIZED PRESENTATIONS

Supporting the Mental Health Needs of Your Community - [available in English and Spanish](#) - 45-60 minute presentation about mental health awareness including the impact of the Pandemic, the prevalence of mental illness, overcoming stigma and barriers to treatment, common warning signs, and resources, including those available from NAMI Delaware

Conversations on Wellness: Self-Care and Self-Compassion - [available in English and Spanish](#) - 45-60 minute presentation including the impact of stress and burnout on overall wellness; the impact of the Pandemic; positive and negative self-care and coping strategies; provides practical ideas for self-care planning; defines self-compassion and its impact on wellness, and includes resources for further discovery

Feeding Your Flame: Addressing Signs of Burnout with Self-Care, Self-Compassion and Early Intervention – 45-60 minute presentation customized for specific high-risk groups (first responders, mental health providers, essential workers, educators) addressing the impact of stress and the Pandemic on their lives, personally and professionally; includes positive and negative self-care and coping strategies; provides practical ideas for self-care planning; defines self-compassion and its impact on wellness, and includes resources for further discovery

Supporting Youth Mental Health & Building Resilience During Uncertain Times – a 45-60 minute presentation that may include a young adult sharing their recovery story. Topics include current data on mental health and Pandemic impact; common warning signs; tips on reaching out and being supportive; local and national resources

Mental Health in the LGBTQ+ Youth Community – a 60-90 minute presentation for middle and high school students, families or individuals who work with youth. Topics include current data on prevalence and the impact of the Pandemic; tips on being supportive; LGBTQ+ resources

A Community Guide to the Work We Do - a 30-45 minute presentation designed for local partner agencies and health care facilities as an overview of the services and programs offered by NAMI Delaware at no cost to the community

Supporting Mental Health in the Workplace – a 45-60 minute presentation offering general mental health awareness information including current data on prevalence and the impact of the Pandemic, stigma and other barriers to treatment; common warning signs; tips for supporting a colleague; local and national resources; brief overview of certificate trainings available for further education

Mental Health Awareness for Law Enforcement – a 60 minute presentation addressing general mental health awareness information, common warning signs, and de-escalation strategies for crisis situations specific for law enforcement professionals; local resources and additional training opportunities including CIT (crisis intervention team) and VRT (veteran response team)

988 in Delaware – a 20-30 minute presentation about 988; topics include national and state mental health data; the need for a stronger crisis response system; the 988 implementation process; when to call 988 and alternatives for other crises; national and state advocacy opportunities