



## Mental Health 101: Presenter Training



### Training Details

Date: Day 1: Sat 08/04/18 (9:00 AM – 4:00 PM)  
Day 2: Sun 08/05/18 (9:00 AM – 4:00 PM)

Location: 2226 Camino Ramon  
San Ramon CA 94583

### Why Culture Matters in Mental Health?

NAMI CA is dedicated to reduce stigma among underserved communities. We believe engaging directly with the community will lead to a positive change in knowledge, attitude, and behavior toward individuals living with mental illness as well as insight into hope and recover among the general population.

**Mental Health 101** is a program devoted to giving individuals an opportunity to learn about mental illness through an informative presentation, short video, and personal testimonies that represent a variety of cultures, beliefs, and values. *The goal of this program is to create a multi-generation of culturally diverse individuals that can help address the stigma associated with mental illness through education, support and advocacy.*

### MH101 Presenter Qualifications:

- Must be an Individual with “lived experience”/mental health condition and/or a supporter/loved one of an individual with “lived experience”/mental health condition
- Previous public speaking skills or willingness to learn
- Approval from your local NAMI affiliate leader
- Preferred: Backgrounds from underserved and marginalized communities

\* *Bilingual/Spanish/Mandarin speakers and presenters from In Our Own Voice and Ending the Silence are encouraged to apply*



### Time Commitment, Expectations & Support for Presenters

- Training is FREE to all NAMI members and affiliates
- 2 days of mandatory training - food provided with travel reimbursements available

Thank you Mental Health Association for Chinese Communities (MHACC) and City of Fremont for partnering with us for this training!

**Questions?** Thao Duong  
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