

Jefferson Center's SPEAKERS BUREAU

Our community wants to know more and do more, and we can help! Join us to gain a better understanding of mental health and how you can help. We'll leave you with tips, actionable next steps, and community resources.

Do you want to **know more**
about mental health, wellness,
or substance use disorders?



Free Community Presentations

Jefferson Center offers presentations to our community on a host of topics related to mental health and wellness by experts in the field. We can bring information, resources, and tips to your business, civic club, church group, school, or any other organization in our area; and four presentations per year are free! Choose from frequent topics or let us develop a presentation in your area of interest. Frequent topics include:

- **Understanding Mental Health, Signs, Symptoms and Tools (MH 101)**

There is a lot of talk about mental health and how important it is, but what does that actually mean? Mental health describes our emotional, psychological, and social well being. It affects how we think, feel and act, how we handle stress, relate to others, and make choices. During this presentation, you will learn the basics of mental health, the signs and symptoms of mental health disorders, and how to practice good mental health and connect to care.

- **Putting Out the Fire: Preventing and Managing Burnout**

If you are feeling overwhelmed and overworked, you may be experiencing symptoms of burnout. However, using the right skills, it's possible to find greater balance and avoid mental exhaustion. During this presentation, you will learn how to recognize and address stress and burnout to be happier, more productive, and motivated.

- **Getting Out of a Funk: Tools and Tips to Manage Depression**

Sometimes you just feel off. Maybe you feel a bit disconnected from the people around you, are feeling sad, or you're having trouble feeling motivated to get things done. It can happen to all of us, and there are tools that can help you feel better! In this presentation, we will focus on self-help strategies that, on their own, can often help improve mild depression, and also help you learn when to seek professional help.

- **The Balancing Act: Tips for Reclaiming Control of Your Life**

It's easy to feel like your life is being thrown off balance when trying to juggle work, family, and other responsibilities, which is why learning to find stability and manage expectation is so important. In this presentation, you will learn how to create healthy boundaries, manage stress, and get tips to lead a harmonious life.

- **Five Dimensions of Wellness**

When the five dimensions of wellness, Physical (Mental, Emotional, Spiritual, and Social) are taken care of we are able to thrive in our lives. In this presentation you will learn about each dimension of wellness along with value-driven, actionable self-care strategies that can be implemented in any setting.

**Want to expand your skills and learn more about
mental health, suicide prevention, and how to help?**
Check out one of these internationally researched education programs!

MHFA **Mental Health First Aid**

Join the more than one million Americans who have taken the first step to stomp out stigma in their own communities with Mental Health First Aid.

When you attend Mental Health First Aid, you'll learn how to identify the signs and symptoms of a range of mental health and substance use disorders, and will build the skills and confidence to help someone in crisis.

The curriculum includes access to a two-hour self-paced course, and a six-hour live, interactive session led by certified Mental Health First Aid Instructors.

QPR **Questions, Persuade, Refer**

The 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Those who attend will learn to:

- 1. Recognize the warning signs of suicide**
- 2. Know how to offer hope**
- 3. Know how to get help and save a life**

QPR is a 90-minute training led by a certified QPR trainer.

safeTALK **Suicide Alertness for All – Talk, Ask, Listen, Keep Safe**

Creating a community where we can all talk, ask, listen, and keep each other safe.

As a safeTALK training participant, you will be better able to: understand how personal and community beliefs about suicide affect suicide stigma and safety; appreciate how the steps taught in safeTALK can be used to help prevent suicide; choose among ways to help protect, preserve and promote life in a suicide-safer community.

The safeTALK Suicide Alertness Training is a three-hour training led by a LivingWorks certified trainer.



Visit the [classes and events link](#) on our website for dates and times and ways to register.

These classes can also be brought directly to your organization and adapted to your unique audience often for a small fee.

Contact speakersbureau@jcmh.org to discuss opportunities, fee structures, and potential available grant funding occasionally offered through statewide organizations and departments.