

Mental Health and You

This Training will help you learn how to overcome anything. You will get the tools needed to stay mentally fit and realize that whatever you are dealing with may just be temporary, and if not, how to overcome it along with the negativity that creeps in your mind trying to control your every thought, thus controlling you.

The following will be examined and taught:

- What Is Mental Health?
- Dealing with Depression (You Are Not Alone)
- Coping with Stress & Anxiety
- Having Suicidal Thoughts?
- Are you in A Crisis/Just Need Help?
- Getting The Help You Need (Resources)