

Helping Employees Live in a Pandemic

CLASSES FOR EMPLOYERS



NAMI Minnesota

**1919 University Ave. W., Suite 400
St. Paul, MN 55104**

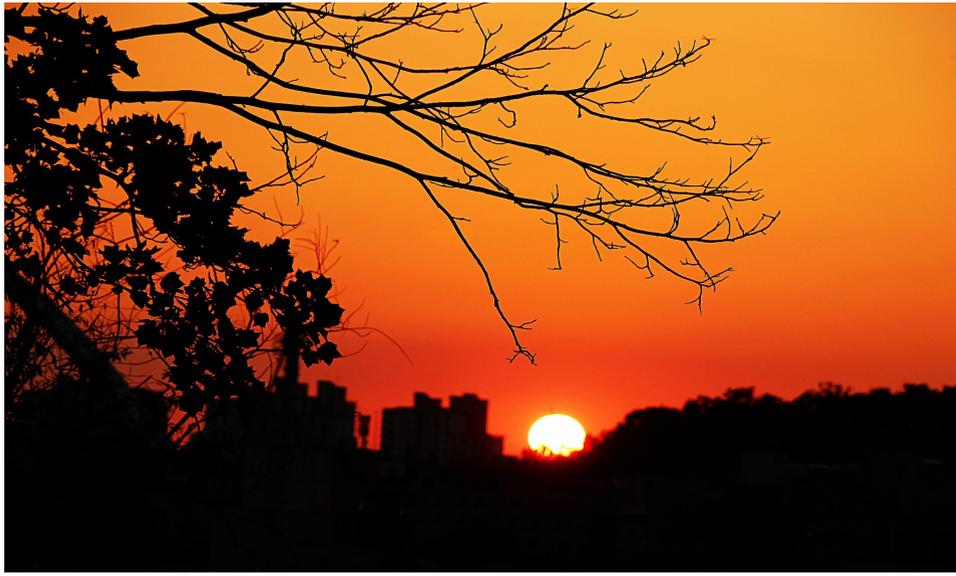
Phone: 651-645-2948

Toll Free: 1-888-NAMI-Helps

www.namimn.org

email: namihelps@namimn.org





OUR MISSION

NAMI Minnesota champions justice, dignity, and respect for all people affected by mental illnesses. Through education, support, and advocacy we strive to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.

Do Your Employees Need HELP During COVID-19?

NAMI Minnesota is launching a new program called HELP – Helping Employees Live in a Pandemic. Employers understand the negative impact that COVID-19 is having on the mental health of their employees. The pandemic has increased stress levels due to the uncertainty about the future, being alone or being together too much, grief due to cancellation of major life events and stress due to trying to care for children, working from home, or from being an essential worker. In response to the mental health needs of Minnesotans, NAMI Minnesota’s new program – HELP – was developed to promote good mental health and coping skills.

All classes are 1 hour in length. Employers can choose one or all of the classes to be offered through Zoom or another online platform.



Classes include:

Minding Your Mental Health During COVID-19

Understand how and why COVID-19 has impacted people's mental health, how some communities have been disproportionately impacted and steps employees can take to promote good mental health.

Keep in Touch, Staying Connected During COVID-19

It is human nature to want to connect with others, but that can be hard while practicing physical distancing. Join us to talk through tips on staying connected with others as we navigate COVID-19.

Coping with Kids

Learn about your child's developmental responses to COVID-19 and strategies to support them – and you – during this time.

Self-Care & Mindfulness

So often self-care and mindfulness take a back seat in life. Come join us to discuss this important health topic and how it is connected to mental health. Share your successes and challenges with finding harmony in your personal and work life. Learn some new techniques to help improve your self-care and receive some new resources to try out.

Physical Activity

Get up and move with us! Come learn how physical activity can benefit your mental health. Learn tips and tricks that can help you incorporate mindfulness into your workout, even from home!

Nutrition

Come join us to discuss how nutrition can impact an individual's mental health. Gain knowledge on how what we eat not only affects our mood, but also our brain chemistry. Learn what makes a complete meal and how to eat that meal in a mindful way.

***“The speaker did a great job. I found the format for sharing to be grounding and inspirational.”
- Class Participant***



Classes include:

Question, Persuade, Refer (QPR)

Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This class is also available in Spanish.

Positive Psychology

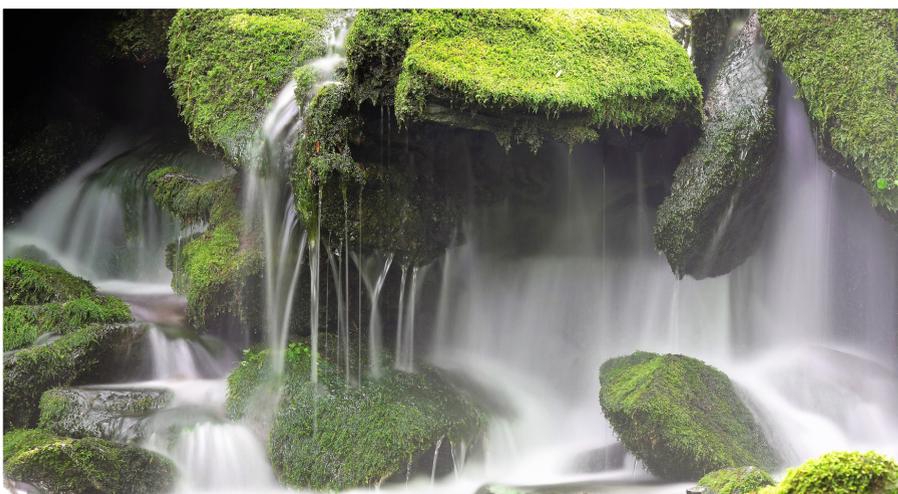
Positive Psychology is the scientific study of what makes life most worth living. With an approach focused on strengths instead of weaknesses, Positive Psychology will teach you new exercises to help you lead a more meaningful and fulfilling life.



NAMI Minnesota appreciates receiving an honorarium, if possible, for delivering the classes.

An online evaluation is sent to each class participant.

**Contact us at
namihelps@namimn.org
for more information or
to schedule a class.**



***"I learned some good strategies to reduce my stress – they aren't hard so I am sure I will use them!"
- Class Participant***

