



WORKSHOPS

Workshops:

“Beyond the Breaking Point: Recognizing and Responding to Mental Health Crises”

Length: 60–90 minutes

Audience: Community leaders, educators, nonprofit staff, HR teams, faith leaders, caregivers

Description:

This interactive workshop equips participants with the knowledge, tools, and empathy needed to recognize the warning signs of a mental health crisis — in themselves and others. Using real-life scenarios, practical strategies, and trauma-informed language, attendees will learn how to respond effectively without judgment, fear, or avoidance.

The goal is not to turn participants into therapists, but to empower them to serve as *first lines of understanding* before professional help is accessed. Because sometimes, noticing the signs *can save a life*.

Key Takeaways:

- The difference between a mental health struggle and a mental health crisis
- Common signs of emotional breakdown, suicidal ideation, or burnout
- What to say — and what not to say — in a crisis moment
- Simple response tools for the workplace, school, home, or faith-based settings
- A personalized “Crisis Response Plan” worksheet for future reference



“The Whole House Hurts: Supporting Mental Health Within the Family”

Length: 60–90 minutes

Audience: Parents, caregivers, educators, family therapists, church groups

Description:

This workshop explores how mental health affects not just individuals — but the entire family system. From silent suffering to loud disruptions, participants will learn how trauma, stress, and emotional avoidance impact family dynamics, communication, and healing.

Participants will walk away with tools to build emotional literacy at home, foster more connected relationships, and create space for vulnerability — even in families that "don't talk about that stuff."

Key Takeaways:

- Understanding generational and household patterns that shape mental health
- Signs of mental health struggles in children, teens, and adults
- How to open up mental health conversations in a family-friendly way
- Conflict resolution without shame or shutdowns
- Creating a family wellness plan with practical next steps



“Before the Breakdown: Preventing Mental Health Crises Through Everyday Awareness”

Length: 60 minutes

Audience: Workplace teams, youth groups, educators, caregivers, community leaders

Description:

Mental health crises rarely happen overnight — they build up over time. This workshop focuses on recognizing the early warning signs and daily patterns that lead to emotional collapse. Participants will learn how to tune into stress cues, reduce isolation, and take meaningful steps toward care *before* hitting the breaking point.

Perfect for high-stress environments, this session promotes a culture of care, self-awareness, and early intervention.

Key Takeaways:

- How to identify “pre-crisis” patterns in yourself and others
- Daily check-in strategies for emotional well-being
- Setting up realistic support systems and personal coping plans
- Boundaries, burnout, and balancing responsibility with rest

- Resource building: when, where, and how to seek help proactively
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“Peace of Mind & Spirit: How Faith Supports Mental Health”

Length: 75 minutes

Audience: Faith-based communities, church leaders, women's groups, spiritual retreats

Description:

This uplifting, heart-centered workshop bridges the gap between mental health and spiritual health. Through scripture, storytelling, and reflection, we'll explore how faith can offer strength, purpose, and grounding during emotional challenges — while also embracing the need for mental health tools and therapy.

Participants will leave with a deeper understanding of how faith and mental health work *together* — not in opposition.

Key Takeaways:

- Spiritual shame vs. spiritual support: when prayer isn't enough
- Understanding how trauma affects both belief systems and mental health
- Tools for faith-based emotional grounding (e.g., meditation, journaling, guided prayer)
- Building bridges between ministry and mental health professionals
- Affirmations and scripture for seasons of emotional struggle

