



Outreach Team

MENU OF TOPICS (Or we can adapt topics to your needs)

Youth and School Presentations

Let's Talk Mental Health: It's Ok to Not Be Ok

We explain mental health challenges, warning signs, how to cope, and how to help a friend. Includes brief education on suicide prevention.

Stress- Using Positive Coping Skills

This discussion explains the stress cycle, examines how it affects us, and offers practical ways to "hack your hormones" to change your stress levels and mood. This is a fun class where we talk about things like exercise, healthy eating, journaling, gratitude, and even laughter yoga.

Parent Presentation

Parents: Let's Talk About Youth Mental Health: It's Ok to Not Be OK

This presentation gives parents ideas on how to support their youth when it comes to their mental health.

We discuss signs to watch for, ways to help, and how to seek treatment if needed.

Staff and Community Presentations

Burnout and Compassion Fatigue

Learn to differentiate between burnout and compassion fatigue and take steps to alleviate the root problem and the symptoms.

Uncertainty: The New Normal

Change is inevitable. Explore healthy ways to deal with the ever-changing uncertainty that has become the "new normal."



Building Resilience

Create a toolbox of strategies to foster healthy living for the good times and strength for the tough times.

It's OK to Not Be OK

Help normalize mental health challenges by learning how to recognize them, interact with people facing them, and guide people to helpful resources.

Dealing with Difficult People

Learn how to de-escalate difficult encounters, set boundaries, and take care of yourself.

Self-Compassion

Delve into the deep meaning of self-compassion and the reasons we struggle to apply it in our own lives.

Stress and Anxiety

Understand the science behind the stress cycle and how to manage stress to live within healthy levels.

To schedule one of these presentations
or discuss tailor-made presentations for your audience
please reach out to our team at:

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<https://diversushealth.org/outreach-program/>