

We also offer...

Free presentations and trainings for teachers on current mental health related topics, such as:

- Overview of Mental Health and Wellness
- Suicide Prevention
- Depression and Anxiety in the Classroom



To learn more, visit our website:

www.MHANC.com

Or call to schedule a training today!

716.433.3780

About Us

The MHA serves all of Niagara County with many free services. Our Community Education department provides free presentations to classrooms and youth groups in effort to educate children and adults on the unbiased truths regarding mental health, mental illnesses, and maintaining mental wellness.



Mission Statement

The Mental Health Association in Niagara County, Inc. will offer programs and services aimed at promoting mental health while advocating for individuals with mental illnesses and working toward dispelling commonly held misunderstandings regarding mental illnesses.



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36 Pine St. Lockport, NY 14094



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Mental Health Presentations for Youth

Offered for FREE by the MHA's Community Education Department



FREE Presentations for Mental Health Awareness

The Mental Health Association in Niagara County, Inc. provides free presentations for grades K-12 to educate students on various mental health related topics. Our presentations take just one class period and no preparation for the school staff or administration is required.

Please consider allowing us to join you in educating your students about the importance of mental health awareness through our FREE presentations and resources.



**For more information or to
schedule a presentation,
please call the MHA at
716.433.3780**

Presentation Topics

Depression and Suicide

It is an unfortunate reality that depression and suicide are on the rise. In this module, students will learn about the warning signs of depression and suicide, the associated risk factors, and what they can do to help.

Conflict Resolution

Conflict is inevitable, and there are many benefits to knowing how to resolve it peacefully. In this module, students will learn how to resolve conflict by communicating clearly and working through the stages of problem solving.

Anxiety and Stress Management

There's no "one size fits all" solution to managing stress and anxiety. This module will help students create a stress management plan that reflects their unique needs. as they learn healthy ways to cope with stress, reduce its harmful effects, and prevent anxious feelings from spiraling out of control.

Bullying and Building Healthy Relationships

Learning how to build healthy relationships plays a role in preventing violence. With integrated components for elementary, middle and high school, we help students build the social-emotional skills they need to treat one another with respect and dignity as they mature.

For students in Pre-K through 2nd grade, we also offer presentations on identifying and understanding feelings, as well as how to socially express feelings in a positive manner.

Presentations can be formatted to fit each school's individual needs. If there is a topic you'd like presented, but it's not on our list, please just ask!



MENTAL HEALTH ASSOCIATION
in Niagara County