

Mental Health Awareness Month

Each May, communities around the world unite in observance of Mental Health Awareness Month, a time dedicated to shedding light on the complexities of mental health and advocating for support, understanding, and resources for all.

Of course, here at NAMI Fox Valley, we think of every month as a mental health awareness month – but we love the opportunity that May brings to share mental health education and resources with even more community members than in a typical month.

Our outreach team has been very busy this month at trainings, resource fairs, and events throughout our service area. We are so grateful to the organizations who have invited us to be part of their Mental Health Awareness Month activities! We've highlighted one of those partnerships in this newsletter, which you can read about on page 3.

We also recognized Mental Health Awareness Month this year with our special social media campaign, "Illuminate Minds: Shine a Light on Mental Health." Through this campaign, we have been sharing about resources and stories of resilience, with the goals of raising awareness and spreading hope.

We would love to hear what you have done to honor Mental Health Awareness Month this year! We also hope that you will join us in remembering that mental health awareness is important all year long. Let's keep the conversations going!



In honor of Mental Health Awareness Month, would you consider making a gift to help support NAMI Fox Valley's free mental health programs?

Donating is easy – and makes a big difference!

[CLICK TO DONATE](#)

In This Issue

[Mental Health Awareness Month](#)

[Workplace Mental Health](#)

[Hearing Voices Simulation](#)

Upcoming

Hearts+Minds

Thursdays, July 11-August 8
@NAMI FV | 6-8 PM

[REGISTER ONLINE](#)

Peer-to-Peer

Mondays, July 22-September 16
Via Zoom | 6-8:30 PM

[REGISTER ONLINE](#)

Family & Friends Seminar

Tuesday, August 20
Hybrid | 6-8 PM

[REGISTER ONLINE](#)

Workplace Mental Health

Most individuals dedicate a significant portion of their lives to work, underscoring the importance of fostering a supportive and nurturing workplace culture. Prioritizing mental wellness in the workplace also yields numerous benefits for employers, including reduced sick days, decreased turnover rates, heightened productivity, increased employee engagement and loyalty, lower healthcare costs, and heightened job satisfaction.

While supporting employees who may be experiencing mental health challenges is critically important, it can present challenges for employers. We recommend incorporating mental health education into workplace initiatives. NAMI Fox Valley's workplace mental health trainings offer valuable instruction that can reduce stigma, foster dialogue, and better equip organizations to prioritize mental health and support team members.

We would love the opportunity to collaborate with your organization to provide education, facilitate meaningful discussions, and foster a workplace environment where mental health is valued and supported. Let's work together to create a culture of understanding, empathy, and wellness within your workplace!

Workplace Mental Health Presentations

- NAMI Fox Valley 101
- Mental Health 101
- Promoting Mental Wellness in the Workplace
- Time to Talk: Approaching a Conversation about Mental Health
- Navigating a Mental Health Crisis
- NAMI Talks Speakers Bureau
- Suicide Prevention & Awareness
- An Introduction to ACES (Adverse Childhood Experiences) & Resiliency
- Custom

Presentation Cost

The current rate for our workplace trainings is \$100/hour. If cost is a barrier, please let us know, as there may be funds available to cover the cost of the training. Please note that there may be an increase in cost for customized presentations.

Presentation Format Options

- Single 1-2 hour Training
- Lunch & Learn Series
- Half-Day Training (4 Hours)
- Custom to Fit Your Needs!

*All presentations can be done virtually, if needed.

[Learn More](#)

Hearing Voices Simulation

As part of their Mental Health Awareness Month activities, the Grand Chute Fire Department invited NAMI Fox Valley to present three "Hearing Voices Simulation" trainings to educate their firefighters on all shifts.



The Hearing Voices Simulation is a training developed by NAMI Wisconsin that aims to provide insight and understanding regarding the challenges faced by those living with schizophrenia or other mental health conditions where an individual may experience auditory hallucinations. It is designed to create empathy in individuals who have never experienced such hallucinations.

In the training, the firefighters first heard an educational presentation that highlighted the challenges of living with schizophrenia and experiencing hallucinations. The presentation was followed by the simulation itself, where participants listened to an audio recording via headphones while they attempted to complete various activities. To conclude the training, participants debriefed and reflected on how the training might change the way they interact with someone who experiences auditory hallucinations.

Participants commented that the simulation was "an eye-opening experience and very helpful in understanding people who hear voices."

We want to sincerely thank the Grand Chute Fire Department for prioritizing mental health education for their staff this May!



Save
the
date

 **NAMI** Walks
Fox Valley

Saturday, October 5, 2024
Fox Cities Stadium | Appleton, WI
www.namiwalks.org/foxvalley

