

# Life Is Hard... Mental Health Workshop



TRUE CHANGE  
ALLIANCE

At TCA, we believe that life is hard and that's okay.

## Desired Outcomes:

- ◆ Initiate conversations surrounding the normalization of mental health in the workplace
- ◆ Disprove misconceptions and myths regarding mental health
- ◆ Identify risk factors and warning signs of depression and suicide



## Life Is Hard (90 minutes):



### ...And You're Not Alone

- ◆ Marginalized Communities and Mental Health
- ◆ Fact or Fiction?



### ...But It Gets Better

- ◆ Grounding: Risk Factors and Warning Signs
- ◆ Building Your Toolkit



### ...And That's Okay

- ◆ Talking Saves Lives
- ◆ The Power of Storytelling



## Notes:

- ◆ TCA requests no more than 50 people per session
  - TCA is able to offer multiple sessions for your company
- ◆ Intellectual Property will be retained by TCA\*
- ◆ Trainings may not be recorded

*\*TCA is able to build custom sessions. These sessions permit recording and will be left with your company for future use. Please reach out to discuss your needs.*