

TRAUMA-INFORMED LIVING

UNIT 1 – PERSONAL WELLNESS

PERSONAL SAFETY:

- Personal Safety – Bodily Safety
- Personal Safety – Emotional Safety
- Personal Safety – Relational Safety
- Personal Safety – Parental or Caregiver Safety
- Personal Safety – Sexual Safety

RECOGNIZING POTENTIAL BARRIERS:

- Recognizing Potential Barriers – ADHD
- Recognizing Potential Barriers – Panic Attacks
- Recognizing Potential Barriers – Obsessive-Compulsive Disorder (OCD)
- Recognizing Potential Barriers – Sleep Problems & Insomnia
- Recognizing Potential Barriers – Internet Addiction

SELF-ESTEEM:

- Self-Esteem – Body Image & Eating Disorders
- Self-Esteem – It’s All About Perspective
- Self-Esteem – Emotional Eating
- Self-Esteem – Ethical Issues
- Self-Esteem – How to Be Self-Confident

HELPLESSNESS TO HOPEFULNESS:

- Helplessness to Hopefulness – Reaching Out to Others
- Helplessness to Hopefulness – Being Honest with Reality
- Helplessness to Hopefulness – Rejection to Restoration
- Helplessness to Hopefulness – Finding the Source of Helplessness
- Helplessness to Hopefulness – Changing Our Negative Thinking

UNIT 2 – LIVING WITH TRAUMA

SOCIAL-EMOTIONAL TRAUMA:

- Social-Emotional Trauma – Trauma and PTSD
- Social-Emotional Trauma – Breaking Through Social Stereotypes
- Social-Emotional Trauma – Trauma and Success
- Social-Emotional Trauma – ACEs Scores & Graduation
- Social-Emotional Trauma – Experiencing Loss

REAL-LIFE CHILDHOOD TRAUMA:

- Real-Life Childhood Trauma – Protecting Our Family
- Real-Life Childhood Trauma – Unjust Criminal Charges
- Real-Life Childhood Trauma – Trauma That Leads to Pain & Suicidal Thoughts
- Real-Life Childhood Trauma – Neglect and Abandonment
- Real-Life Childhood Trauma – Natural or Uncontrollable Disasters

DEALING WITH DEPRESSION:

- Dealing with Depression – What is Depression?
- Dealing with Depression – How Common is Depression?
- Dealing with Depression – Depressed Friends
- Dealing with Depression – How to Recognize Depression
- Dealing with Depression – Causes of Depression

OVERCOMING ANXIETY:

- Overcoming Anxiety – How to Deal with and Overcome Anxiety
- Overcoming Anxiety – How to Feel Better
- Overcoming Anxiety – Who Should I Tell and Not Tell?
- Overcoming Anxiety – How to Get Help
- Overcoming Anxiety – Prevention

UNIT 3 – MENTAL HEALTH AWARENESS AND ASSISTANCE

PREVENTION OF MENTAL HEALTH DISORDERS:

- Prevention of Mental Health Disorders – Maintaining a Routine Schedule
- Prevention of Mental Health Disorders – Paying Attention to Warning Signs
- Prevention of Mental Health Disorders – Relationship Boundaries
- Prevention of Mental Health Disorders – Resisting Isolation
- Prevention of Mental Health Disorders – Communicating Stress in the Moment

REDUCING THE STIGMA OF MENTAL HEALTH:

- Reducing the Stigma of Mental Health – Feeling Sad About What We Feel
- Reducing the Stigma of Mental Health – Feeling Ashamed for Being Depressed
- Reducing the Stigma of Mental Health – It’s Ok to Talk About It
- Reducing the Stigma of Mental Health – Protecting Those with Mental Health Illnesses
- Reducing the Stigma of Mental Health – Minimizing the Importance or Issue

SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS:

- Signs and Symptoms of Mental Health Disorders – Long-Lasting Sadness
- Signs and Symptoms of Mental Health Disorders – Being Irritable or Easily Frustrated
- Signs and Symptoms of Mental Health Disorders – Social Withdrawal
- Signs and Symptoms of Mental Health Disorders – Excessive Fear, Worry or Anxiety
- Signs and Symptoms of Mental Health Disorders – Dramatic Changes in Eating or Sleeping Habits

WARNING SIGNS:

- Warning Signs – Depression Warning Signs
- Warning Signs – Anxiety Warning Signs
- Warning Signs – Manipulation & Abuse Warning Signs
- Warning Signs – Hopelessness Warning Signs
- Warning Signs – Suicide Warning Signs

UNIT 4 – SUICIDE PREVENTION

SUICIDE PREVENTION:

- Suicide Prevention – Talking about Suicide
- Suicide Prevention – What to Do If Your Friend Is Talking about Suicide
- Suicide Prevention – Building Community and Support to Reduce Risk
- Suicide Prevention – Finding Help Online & In Your Community
- Suicide Prevention – Reducing Stigma and Shame of Suicide

IDENTIFYING SUICIDE RISKS AND PROTECTIVE FACTORS:

- Identifying Suicide Risks and Protective Factors – Mental Health and Substance Abuse
- Identifying Suicide Risks and Protective Factors – Evaluate Your Circle
- Identifying Suicide Risks and Protective Factors – Thinking Objectively About Our Feelings
- Identifying Suicide Risks and Protective Factors – “Just Take it Easy, Man”
- Identifying Suicide Risks and Protective Factors – Self-Care is Not Selfish

THERE’S NO SHAME IN ASKING FOR HELP:

- There’s No Shame in Asking for Help – Embracing Vulnerability
- There’s No Shame in Asking for Help – Leaning on Others
- There’s No Shame in Asking for Help – Letting Others Lean on You
- There’s No Shame in Asking for Help – Communication Techniques
- There’s No Shame in Asking for Help – Change the Conversation

FINDING AVAILABLE COMMUNITY SUICIDE PREVENTION RESOURCES:

- Finding Available Community Suicide Prevention Resources – Local Crisis Centers
- Finding Available Community Suicide Prevention Resources – Hotlines
- Finding Available Community Suicide Prevention Resources – Friends and Family
- Finding Available Community Suicide Prevention Resources – School Resources
- Finding Available Community Suicide Prevention Resources – Seeking Therapy