“Domestic Violence” – With the distance created by closures, social distancing, virtual learning, and working from home, the risk for domestic violence remains heightened. This 90-minute educational webinar provides an opportunity for all to learn more about the risks, warning signs, and resources available to provide support for victims and reduce risk. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.

“Domestic Violence in Adults” – This webinar will discuss emotional safety planning, why emotional safety planning is important for victim-survivors and how domestic violence can occur in all stages of life. “Domestic Violence in Adults” will educate individuals on the processes and procedures for Protection from Abuse Order and Protection from Sexual Violence and/or Intimidation Orders. It will explore the differences and similarities between these laws and best practices for survivors seeking a protection order. 1.0 Continuing Education credit hour is available (live webinars only) for LPC's for a fee of $15.00.

“Domestic Violence in Children” – This 60-minute webinar will explore the latest information about Adverse Childhood Experiences (ACES) and childhood exposure to domestic violence. Emphasizing the opportunity for universal education, this webinar will increase understanding of children’s exposure to violence and ACES and their impact on the health and well-being of children and families. The webinar will include practical skills including how to educate families about ACEs and how to promote resiliency through trauma-informed parenting. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.

“Mental Wellness During Holidays” – For many, the holidays represent parties, family gatherings, and social activities. But for those of us with lived experience and mental health challenges, the holiday season can be stressful and unfulfilling. “Mental Wellness During Holidays” is a 60-minute educational webinar provides coping tips for a stress-free season.

“Social Media & Mental Health” – Social media has become a way of connecting with others in ways we did not know was possible. With access to almost anything at one’s fingertips, the internet has become a phenomenon that has changed the way humans behave and view the world. Unfortunately, social media has its negative consequences. Since the birth of this new digital age, social media has created negative effects on the mental health of those who frequently use it. This 60-minute educational webinar explores ways social media has become detrimental to a person’s mental health- especially the mental health of women. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.

“Mental Health & Children” – Mental health is an important part of overall health in children as well as adults- but often not recognized or addressed. This 60-minute educational webinar addresses mental health conditions seen in childhood, the effects of Adverse Childhood Experiences (ACEs), and developmental challenges. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.
"Self-care for Parents" – This webinar explains the importance of personal care for parents. According to recent studies, the average parent gets approximately 17 minutes of free time to themselves each day. It is necessary for parents to care for themselves- not only for their overall well-being but also for the health of their children.

"Caregivers: Understanding Mental Illness" – Family caregivers of individuals with mental health conditions are a key support system in our communities. This 60-minute educational webinar offers a brief introduction to mental illnesses, explains available treatment options, and discusses how to recognize early symptoms and side effects.

"Caregiving in Crisis" – In recognition of National Family Caregivers Month, NAMI Louisiana presents "Caregiving in Crisis". This 60-minute educational webinar addresses the new realities family caregivers face with loved ones during these uncertain times. Caregivers manage health emergencies, juggle priorities, and provide emotional support all while experiencing both physical and psychological tolls. 1.0 Continuing Education credit hour is available (live webinars only) for LPC's for a fee of $15.00.

"Grief & Bereavement" – Grief is a universal experience and an essential part of the healing process. This 60-minute educational webinar covers how to cope and addresses the different phases of grief. Holidays may result in a renewed sense of personal grief, a feeling of loss unlike that experience in the routine of daily living. 1.0 Continuing Education credit hour is available (live webinars only) for LPC's for a fee of $15.00.

"Mental Health & Men" – According to recent studies, men are less likely to receive treatment for mental health conditions and are three times more likely to die by suicide than woman. This 60-minute educational webinar, "Mental Health in Men" discusses signs, symptoms, and effective coping strategies for men experiencing mental illness. 1.0 Continuing Education credit hour is available (live webinars only) for LPC's for a fee of $15.00.

NAMI "Homefront" – Join us for this free, 90-minute public education webinar. NAMI Homefront is an evidence-based program designed to address the unique needs of family, caregivers, and friends of active duty military service members and veterans experiencing post-traumatic stress (PTSD), traumatic brain injury (TBI), and other mental health conditions. 1.0 Continuing Education credit hour is available (live webinars only) for LPC's for a fee of $15.00.

NAMI "In Our Own Voice" – You don’t want to miss this one-of-a-kind webinar as nationally renowned NAMI Trainer, Jessie Smith III delivers NAMI’s evidence-based "In Our Own Voice" presentation. Jessie will share his life story, his struggles with mental illness and addiction, and how he overcame it all to lead a successful and productive life. Jessie now trains, coaches, and inspires others on how they too, can not only survive but thrive with lived experience.
"Recognizing Stress" – This is a 60-minute educational webinar that provides information on how to identify, cope, and reduce the stress factors in life. Identifying the stressors that impact our physical and mental health is important. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.

"Mental Health & Cultural Diversity" – Join us for this introspective mental health webinar on "Mental Health & Cultural Diversity". This webinar explores the various meanings of culture and how we communicate our mental health needs. In order to provide positive outcomes for various populations, we must disrupt our normal way of discussing mental illness, stigma and solutions to individuals of different races, ethnicity, gender and age. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.

"Post-Disaster Resilience" – Join us for this highly relevant webinar on “Post-Disaster Resilience.” In Louisiana, we are far too familiar with natural and man-made disasters. This webinar explores the emotional challenges we have when a local, national, or international disaster occurs and adversely affects our mental wellness. It offers tips and solutions for increasing our individual and community resilience and coping mechanisms. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.

"Mental Health in Schools" – Join us for this educational webinar geared towards school faculty, administrators, professionals, and parents on how to recognize signs of bullying, stress, and Mental Illness in students. COVID-19 has changed the normal routine of children's learning and behavioral health issues have increased. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s for a fee of $15.00.

"Suicide Prevention" – This 60-minute webinar offers recent data and explains the causes of suicide. In Louisiana, the suicide rate is higher than the national average and emerging statistics show it is on the rise due to COVID-19 and the economic crisis. This webinar explains how to recognize suicidal tendencies and ideation in at-risk individuals. It explores suicide among various populations, as well as potential solutions and supports. 1.0 Continuing Education credit hour is available (live webinars only) for LPC’s and LCSW’s for a fee of $15.00.

"Basics of Mental Illness" – Join us for this important, free webinar on the basics of mental illness. We will discuss the fundamental causes and effects of anxiety, depression, bi-polar disorder, schizophrenia and more.

"Basics of Advocacy" – This free webinar identifies, outlines, and explains the value of being an advocate for Mental Health. This basic training provides education and awareness that helps eliminate stigma attached to both mental illness and addiction disorders.

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NAMI LA. PROGRAMS: COMING SOON

NAMI "Ending the Silence" – NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition. This presentation includes two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

NAMI "Sharing Hope" – Lack of information and misconceptions surrounding mental health issues prevent many members of the African American community from getting the help and support they need. NAMI Sharing Hope is an hour-long presentation that can help increase mental health awareness in African American communities by addressing a number of important topics:

- The signs and symptoms of bipolar disorder, schizophrenia and depression
- How to talk about mental health and decrease stigma
- An overview of recovery and how it’s possible

NAMI "Family & Friends" – NAMI Family & Friends is a free 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them. It’s also an opportunity to meet other people in similar situations and gain community support.

NAMI "Sharing Your Story with Law Enforcement" – Sharing Your Story with Law Enforcement (SYSLE) is a presentation program that prepares individuals and family members to share their stories of lived experience with mental illness to a law enforcement audience, such as during Crisis Intervention Team (CIT) training, or other events where mental illness and related topics are featured. SYSLE Presenters provide an opportunity for officers to hear about someone who experienced being in crisis and may have interacted with law enforcement as a result, but is now living well with mental illness. The powerful and unique stories shared by NAMI presenters help increase officers’ understanding and empathy, improving crisis response in communities. These presentations are consistently popular with officers who attend CIT training and NAMI’s goal is to ensure that every law enforcement officer has this opportunity.

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