

Mental Health Awareness Training Agenda -Instructor		
9:00-9:15 am	Housekeeping	15 minutes
9:15-9:45 am	Introduction	30 minutes
9:45-10:15 am	Awareness Training	30 minutes
10:15-10:35 am	BREAK	15 minutes
10:35-11:05 am	Awareness Training	30 minutes
11:05-12:35 pm	Anxiety	90 minutes
12:35-1:20 pm	LUNCH	45 minutes
1:20-2:25 pm	Depression	55 minutes
2:25-3:55 pm	Substance abuse	75 minutes
3:55-4:00 pm	BREAK	15 minutes
4:00-4:45 pm	Suicide	45 minutes
4:45-5:25 pm	Self care	30 minutes
5:25-6:00 pm	Review-Certificates	30 minutes

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Starts 9:00 am	Housekeeping
	Introduction
	Awareness Training
20 minutes	BREAK
	Awareness Training
	Anxiety
45 minutes	LUNCH
	Depression
	Substance abuse
20 minutes	BREAK
	Suicide
	Self care
Ends 6:00 pm	Review-Certificates