

## **Mental Health Training List**

Abuse and Neglect

ACES

Anger Management

Autism

Bullying, Substance Use, Suicide

Caregiver Fatigue

Church Burnout

Compassion Fatigue

Compassion Fatigue and Burnout

Conflict Management

Cook County Motivational Interviewing

Coping Skills for Teens

Culture/Immigration

Customer Service

Depression

Disability

Grief

Group Facilitation/ Learning Style

Learning Disorders

Mental Health and Older Adults

Mental Health Overview

Mentoring

Metra QPR

MHFA Veterans

MHO Youth

Mindfulness

Motivational Interviewing

Peer Leaders-High School Group

Petition and Certificate Training

Police

PTSD

QPR

QprT

Race and Trauma

Resilience

Self-Care

Self Esteem

Social Skills

Stages of Change

Stress Management

Time Management

Training Name

Trauma

Trauma Informed Care

Trauma Informed Schools

Verbal De-escalation

Wellness

Workplace Wellness