



Up to Me Talking about my mental health?

ROGERS
Behavioral Health
Foundation
wise END STIGMA TOGETHER
one story at a time

FREE FACILITATOR TRAINING AVAILABLE!

A free virtual training of facilitators will be offered on November 7th and 9th, 2023 from 12:30 - 4:00pm CST (7 total training hours)

WHAT IS UP TO ME?

- Small group program for people who have faced mental health challenges
- No formal diagnosis required to benefit from the program
- Based on an evidence - based program
- Co-facilitation is suggested, with at least one person having lived experience

WHAT IS A FACILITATOR TRAINING?

- Learn how you can support people who have faced mental health challenges
- Learn to facilitate, and recruit people for the Up To Me program in school and community settings
- Connect with community members passionate about positive mental health

PROGRAM CONTENT:

Up To Me is a small group program for people with lived experience of mental health challenges. Participants explore the story they have been telling themselves about their challenges and resilience. They practice skills to reverse harmful self-talk and then take a deep look at the costs and benefits of talk to others in various settings of their lives (friendship, school, social media, etc.). For situations where people decide to talk about their challenges and strengths, the program prepares them to respond to unanticipated reactions. They practice writing their story from a strengths - based perspective and, if they desire, sharing with the group. The last session focuses on options for support in the future.

**TO REGISTER: CONTACT
ALISON.WOLF@ROGERSBH.ORG
WITH YOUR NAME, EMAIL, AND
ORGANIZATION**

**FOR MORE INFORMATION,
VISIT
ELIMINATESTIGMA.ORG**

