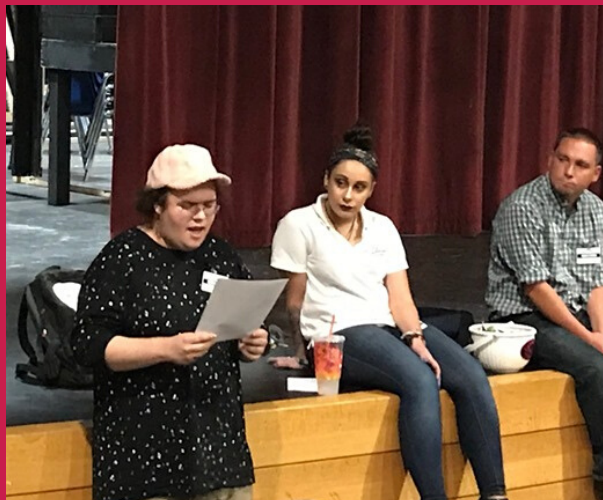


The NAN Project is an initiative which seeks to promote mental health awareness and suicide prevention programs in classrooms across Massachusetts. The core of our work is our peer-to-peer model, where our peer mentors, young adults aged 18-25 with lived experience, present their comeback stories to students with the goal of opening up the conversation around mental health issues and reducing the stigma. We also offer workshops for teachers and community stakeholders, all with the goal of creating a culture of emotional wellbeing within our schools.

Below is a selection of our programs, each which can be tailored to a specific community's needs. All are free of charge.

PEER MENTOR PRESENTATIONS



These stories detail our Peer Mentors' struggles with mental illness, trauma, sexual identity/orientation or other issues facing young people, but more importantly, discuss the supports they were able to access and the coping strategies they have employed to find a path to recovery. By presenting these stories, we create a safe space for students to talk about mental health. In these presentations we also cover the signs and risks of a peer who may be struggling, as well as how to get them help in a crisis.

FOR YOUNG PEOPLE

PEER LEADERSHIP TEAMS

The NAN Project Peer Mentors will support and facilitate group of students who meet regularly to keep the conversation around mental health at the forefront. The students will come up with activities such as poster campaigns, development of educational materials or screening related movies in an effort to change the culture of emotional wellbeing within schools.

QPR FOR YOUNG PEOPLE

QPR (Question, Persuade, and Refer) is a non-clinical, evidence based suicide prevention training. This SAMHSA approved 2 hour workshop identifies the risk factors and clues of someone who may be suicidal, as well as a safe intervention to help a struggling peer get to the needed supports.



FOR STAFF, FACULTY, AND COMMUNITY STAKEHOLDERS

QPR FOR STAFF, FACULTY, AND COMMUNITY STAKEHOLDERS

QPR (Question, Persuade, Refer) is a non-clinical, evidence based suicide prevention training. This training identifies the risk factors and safe responses to help a young person or someone in your life who is struggling.

MENTAL HEALTH 101: MENTAL HEALTH IN THE CLASSROOM

Mental Health 101 will help staff, faculty, or community stakeholders identify and respond to typical mental health diagnoses (depression, anxiety) exhibited in the classroom and/or community setting.

SELF-CARE WORKSHOP

What is self-care, and why is it important to the work you do to support young people? This training will identify, develop and encourage self-care techniques for teachers and community providers.

MENTAL HEALTH 202: TRAUMA IN THE CLASSROOM

Mental Health 202 focuses on delivering trauma informed care and its impact in the classroom and/or community setting.