



# TRAINING OUTLINE

**COURSE TITLE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **INSTRUCTOR:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **COMPANY:** \_\_\_\_\_

*Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.*

## SUMMARY OF TRAINING

### 1) Introduction

- a) What is Mental Illness?
- b) What is Mental Wellness?
- c) Who Suffers from Mental Disorders?
- d) Impact

### 2) Causes

- a) Stressors
- b) Risk Factors
- c) Genetics & Biology
- d) Brain Structure & Neurochemistry
- e) Environment
- f) Socio-Economic
- g) ACEs

### 3) Signs & Symptoms

- a) Anxiety Disorders
  - i. Social Anxiety Disorder
  - ii. GAD
  - iii. Anxiety Attacks
  - iv. OCD
  - v. Panic Disorder
  - vi. PTSD
    - 1. Re-Experiencing Symptoms
    - 2. Avoidance Symptoms
    - 3. Arousal & Reactivity Symptoms
    - 4. Cognition & Mood Symptoms
  - vii. Specific Phobias
- b) Mood Disorders
  - i. Depression
    - 1. Sleep
    - 2. Eating



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- 3. Energy
      - 4. Concentration
      - 5. Self-Image
      - 6. Thoughts of Death or Suicide
    - ii. Bipolar Disorder
      - 1. Mixed Emotions
  - c) Psychotic Disorders
    - i. Schizophrenia
      - 1. Delusions
      - 2. Hallucinations
        - a. Auditory
        - b. Visual
        - c. Tactile
        - d. Olfactory & Gustatory
      - 3. Disorganized Thinking
    - ii. Brief Psychotic Disorder
  - d) Eating Disorders
    - i. Anorexia
      - 1. Obsession
      - 2. Changes in Mood & Emotional State
      - 3. Excessive Exercise
      - 4. Denial of Hunger/Refusal to Eat
      - 5. Food Rituals
      - 6. Long-Term Symptoms
    - ii. Bulimia
      - 1. Binge Eating
      - 2. Purging
    - iii. Bind Eating Disorder (BED)
  - e) Addiction Disorder
    - i. Risk Factors
    - ii. Signs & Symptoms
      - 1. School & Work
      - 2. Physical Health
      - 3. Behavioral Changes
      - 4. Money Issues
- 4) Response
  - a) Acute Response
    - i. Communicate Clearly



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- ii. Get Help
- b) Suicide Awareness
  - i. Risk Factors
    - 1. Health
    - 2. Environmental
    - 3. Prolonged Stress
    - 4. Historical
  - ii. Warning Signs
    - 1. Talk
    - 2. Behavior
    - 3. Mood
- c) Suicide Response
  - i. Ask
  - ii. Keep Them Safe
  - iii. Help Them Connect
  - iv. Stay Connected
- d) Long-Term Response
  - i. Be Aware
  - ii. Avoid Stigmas
  - iii. Ask
  - iv. Listen
  - v. Encourage Treatment
  - vi. Show Support
  - vii. Be Patient
  - viii. Take Care of Yourself
- e) Treatment Options
  - i. Inpatient
  - ii. Outpatient
    - 1. Community Care Centers
    - 2. Private Practice
    - 3. Psychotherapy
  - iii. Medications
- 5) Myths & Misconceptions
- 6) Conclusion



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