



# Mental Health Leadership Trainings

Updated November 2022

## TOPICS

- Mental Health 101
- De-Escalation & Communication
- Compassion Fatigue
- Supporting Mental Health in the Workplace
  - For general audiences
  - For managers

While we are unable to adapt topics at this time, our list of available topics changes over time and we are happy to accept suggestions for future topics.

**Request a training:**  
[namiseattle.org/programs/professional-community-trainings/](https://namiseattle.org/programs/professional-community-trainings/)

**Questions? Contact**  
[katie@namiseattle.org](mailto:katie@namiseattle.org)

**[namiseattle.org](https://namiseattle.org)**

NAMI Seattle offers professional development trainings for your staff, community group or leadership team. Trainings are 90 minutes long and offered virtually. A limited number of in-person trainings are available, please specify if needed.

## FEES

*Pay-as-you-can options available for BIPOC/LGBTQ+/disability-led community groups with limited budgets; contact us for details.*

**For-profit/private sector**  
\$1,500 per session

**Large nonprofit**  
(annual budget over \$1 million)  
\$1,000 per session

**Small nonprofit/community group**  
(annual budget under \$1 million)  
\$500 per session

All payments are tax-deductible and help support NAMI Seattle's free community programs.