

BEHAVIORAL HEALTH AND FAMILY STUDIES INSTITUTE

Mental Health Headlines and Trainings



January Edition – 2026

Headlines

- A young doctor's final words offer a mental health warning for others - <https://ronlitman.substack.com/p/a-young-doctors-final-words-offer>
- Caring for Someone with Depression Without Losing Your Happiness - <https://www.familyaware.org/caring-for-someone-with-depression-without-losing-your-happiness/>
- Webinar: Supporting Your Teen: Addressing Depression and Eating Disorders Together - <https://www.familyaware.org/webinar/supporting-your-teen-addressing-depression-and-eating-disorders-together/>
- No One Wants to Raise a Bully - [Read more.](#)
- What To Do If Your Child Experiences Cyberbullying - [Keep reading.](#)
- Resources: Supporting Young Minds - <https://mhanational.org/supporting-young-minds/?eType=EmailBlastContent&eld=623f3f96-8b72-47ae-8395-b0707be66c36>
- Safeguarding and Improving Youth Mental Health in the Digital Era - https://childmind.org/education/childrens-mental-health-report/youth-mental-health-in-the-digital-era/?utm_medium=email&utm_source=newsletter&utm_campaign=cmi-update-2025-11&utm_content=youth-mental-health-in-the-digital-era-read-more
- Man Therapy – Make a Plan Tool - <https://mantherapy.org/get-help/plan-builder>
- Click on [Effect of TikTok on Self-Harm and Suicidal Behavior in the Adolescent Population: Protocol for a Systematic Review:](#)
- Click on [Boys in the Digital Wild: Online Culture, Identity, and Well Being](#)
- Click on [Supporting Behavioral Health Providers: Creating Postvention Strategies for Healing After Losing a Client to Suicide:](#)
- Forgiveness: Things to Know and Do When You Want to Forgive and Heal - [https://traumahealinginstitute.org/forgiveness?utm_source=ActiveCampaign&utm_medium=email&utm_content=Help%2C%20](https://traumahealinginstitute.org/forgiveness?utm_source=ActiveCampaign&utm_medium=email&utm_content=Help%2C%20Healing%2C%20and%20Hope&utm_campaign=Help%2C%20Healing%2C%20and%20Hope%20Newsletter%20June%202025%20%28Copy%29)

Events

FREE and IN Person unless otherwise noted

- **January 14 – WEBINAR – Where to Turn: New Options for Navigating Mental Health Crises in Elkhart and St. Joseph Counties** – noon to 1pmET - https://lp.constantcontactpages.com/ev/reg/mf86y8w?source_id=aa8ca587-a3f9-47bd-8b68-b60d908d91f4&source_type=em&c=6vk-rcKbjw8fxFb-bJoiwdcNTmda8Ld-y6Mfl2D5qON2Xl1t3c0BUA==
- **January 20 – WEBINAR – The Sustainable Mindset: Creating Lasting Change to Improve Your Mental Health** – 1pmEST - https://mhanational-org.zoom.us/webinar/register/WN_AllytL6oSmChwIRBnUYwQg#/registration
- **January 21 – WEBINAR – Faithful Connections. Stronger Futures – How Faith Communities Can Prevent Human Trafficking** – 2pm EST – click on to join - <https://hhs.gov.zoomgov.com/j/1605511019#success>
- **January 23 – VIRTUAL TRAINING – Understanding Suicide Bereavement: A Training for Mental Health Clinicians** – Cost: \$75 - 9am to 5pm – click to register <afspindianasbctjan23.attendease.com>
- **January 29 & 30 – TRAINING – Applied Suicide Intervention Skills Training (ASIST)** – Cost: \$200 – Fort Wayne – 8:30am to 4:30pmET- click to register <https://events.humanitix.com/asistjanuary2026>
- **January 29 – WEBINAR – Mental Health America's 2026 Bell Seal For Workplace Mental Health: Information Session for Employers** – 12pmEST - https://mhanational-org.zoom.us/webinar/register/WN_c7HZ_FSYQkqBo7Xmf6uMAw#/registration
- **February 10 – TRAINING VIRTUAL – Youth Mental Health First Aid Training** – 10am to 3:30pmET – email to register morgan.pritchett-taylor@parkview.com
- **February 10 – VIRTUAL YOUTH WORKER CAFÉ – Engagin Parents and Caregivers** – 11AM TO 1PMcCT - [Register Here](#)
- **February 25 – PRESENTATION – Wired for Survival: How Trauma Affects the Developing Brain** – Auburn – 9am to 10:30CT - [Register Here](#)
- **March 26 – SAVE THE DATE -NAMI Indiana Mental Health and Criminal Justice Summit** – Plainfield – Registration coming soon
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