



Trauma, Grief & Mental Health Training for Everyone

Now, more than ever, we need to support our communities' inherent resilience.

The COVID-19 pandemic has made us all see how many of us have been coping alone with toxic stress, grief, and mental health challenges. Cypress Resilience Project can prepare you to support the people around you.

Mental Health First Aid

MHFA training covers common signs of mental illness or substance use, how to interact with a person in crisis, and how to connect that person with help. Participants receive a 3-year professional certification from the National Council for Mental Well-Being. Cypress trainers are certified to teach MHFA for adults, Youth MHFA for adults supporting young people, and Teen MHFA for teens supporting their peers.

Grief Recovery Workshops

Grief Recovery workshops follow a program to help individuals heal. Participants also learn about the physical impacts of grief and how to support someone who is grieving.

Trauma-Informed Training

Trauma-informed training includes how the body responds to trauma, how the cycle of trauma impacts families and communities, particularly communities of color, how to support someone whose trauma has been activated, and how to manage your own stress. Cypress also provides workshops on historical trauma to help examine your institution's policies through a lens of Diversity, Equity, Inclusion & Belonging.

"Within a week of the training I used the knowledge and skills I learned to help a family member in distress . . . I felt knowledgeable, empowered and more calm. I am so grateful!" - Jeff, Training Participant

Cypress Resilience Project has trained

1,100+

community members since the start of the pandemic.

During the pandemic,

4 in 10

adults in the U.S. reported symptoms of anxiety & depression - 4 times the rate in 2019.

Kaiser Family Foundation

Depression and stress can lead to serious medical conditions like

diabetes, cancer & heart disease.

McKinsey & Company



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