

Micro-Learning Contributors









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Micro-Learning Series: Session Dates and Times



1

June 10, 2024

12:30 - 12:45 PM ET

2

June 17, 2024

12:30 - 12:45 PM ET

3

June 24, 2024

12:30 - 12:45 PM ET

4

July 8, 2024

12:30 - 12:45 PM ET

5

July 15, 2024

12:30 - 12:45 PM ET

6

July 22, 2024

12:30 - 12:45 PM ET



Disclaimer

- This presentation will introduce technology as a complimentary tool in mental health services.
- This presentation will focus
 on technologies that
 have realistic accessibility rates in
 the realm of resettlement.





Discussing Self-Harm Ideation

July 15th 2024

Learning Objectives



By the end of this session, you will be able to:



Recognize

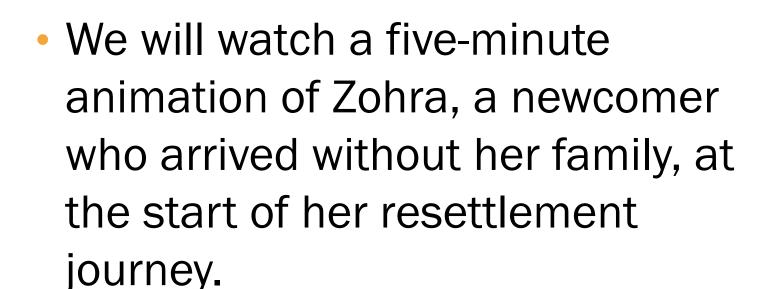
common mental health concerns Afghan families encounter at different stages of their resettlement journey

Identify

ways to integrate technological tools and resources in supporting Afghan newcomers seeking mental, social, and emotional health services

Meet Zohra







- Zohra will be experiencing strong feelings of guilt, occasionally ideating about self-harm.
- Questions submitted in the Q&A box will be discussed after the animation.
- Recommended Resources will be shared.





slido

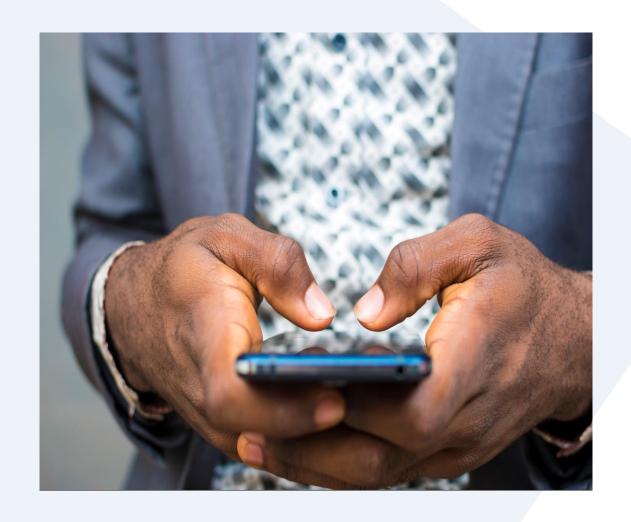


How does Zohra's use of technology effectively support her in coping with feelings of guilt and self-harm ideation?



Action Steps

- Assist in registering with, and creating logins and passwords for, downloaded telehealth apps.
- Emphasize the benefits and ease of telehealth.
- Provide emergency contacts, hotlines, and chat forums to reach out to when ideating about selfharm.



Recommended Resources



- Telehealth Apps (based on provider)
- Suicide and Crisis Lifeline:
 Telephone: 9-8-8 and Chat:
 988lifeline.org/chat Substance
 Abuse and Mental Health Services
 Administration

Learning Objectives



Now you are able to:



Recognize

common mental health concerns Afghan families encounter at different stages of their resettlement journey

Identify

ways to integrate technological tools and resources in supporting Afghan newcomers seeking mental, social, and emotional health services



Questions?

Click **thumbs-up** to vote for others' questions



Help us help you!

Scan the QR code or click the link in the chat to access our feedback survey!

- Five questions
- 60 seconds
- Help us improve future training and technical assistance

