



FACULTY

WELL-BEING

SERIES

VitalCog: Suicide Prevention in the Workplace

Did you know individuals with depression miss an average of 4.8 days of work each year and experience 11.5 days of reduced work productivity? What if you could create a safe space for dialogue regarding workplace mental health challenges?

In this seminar with EACC Director Tami Long, PhD, LPC, CEAP, and EACC Counselor Meaghan Barton, M.Ed., LPC, NCC, participants will learn the skills needed to proactively address the early warning signs of mental health and suicide in the workplace.

2025 DATES:

Tuesday, February 11, 1-3 p.m., via Zoom

Tuesday, March 4, 1-3 p.m., via Zoom

Tuesday, April 8, 10 a.m.-noon, via Zoom

WHO:

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

REGISTRATION:

Visit go.uab.edu/EACC-Calendar and select a date to register. Household members and eligible non-UAB employees should email uabeacc@uabmc.edu to register. *To request disability accommodations, email HRAWARE@uab.edu.*

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