

A **UAB Enterprise Mental Health Advocate Program** event presented by the **UAB Employee Assistance & Counseling Center**

MENTAL HEALTH FIRST AID

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. Learn signs and symptoms of mental health and substance use, how to interact with a person in crisis and connect them with help, and additional information on trauma, substance use and self-care.



Mental Health First Aid is a requirement of the **Mental Health Advocate Level 2: Faculty/Staff and Leaders Learning Paths**, in the UAB Enterprise Mental Health Advocate Program.
UAB.EDU/UABCARES

2025 DATES:

February 27 • April 24 • June 26

August 28 • October 23 • December 11

8 a.m.-5 p.m. via Zoom; participants complete two hours of online coursework prior to virtual training session. *Participants may only reschedule one time during the calendar year.*

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:

Email beaUABadvocate@uab.edu to register. Course is limited to 20 participants. Registration opens 30 days prior to requested session, and closes 10 days ahead of session. *To request disability accommodations, email HRAWARE@uab.edu.*

The above Nursing Continuing Education offering has been reviewed and approved for ABN: 7.2 ANCC: 6.0 contact hours. UAB Hospital's Center for Nursing Excellence is an approved provider of continuing nursing education by the Alabama Board of Nursing (Provider No: ABNP0055, expiration date: June 1, 2021). UAB Hospital's Center for Nursing Excellence is approved as a provider of nursing continuing professional development by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (Provider No: 5-69, expiration date: July 7, 2023).

Social work CEs also available.