

# SUICIDE PREVENTION AWARENESS MONTH

at UAB

## 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 and EACC Counselor Meaghan Barton, participants will learn the skills needed to proactively address the early warning signs of mental health and suicide in the workplace.

- **Thursday, Sept. 24, 1 to 3 p.m., via Zoom**  
*Visit [go.uab.edu/EACC-Calendar](http://go.uab.edu/EACC-Calendar) for additional dates.*



*Eligible for the UAB  
Enterprise Mental Health  
Advocate Program*

Sessions are free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate household.

Visit [go.uab.edu/EACC-Calendar](http://go.uab.edu/EACC-Calendar) and select a date to register. Email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu) for disability accommodations.

## QPR Suicide Prevention Gatekeeper Training

As a trained QPR Gatekeeper, you will learn to recognize the warning signs of people in trouble, and will have the tools to act vigorously to possibly prevent a suicide. Sessions offered via Zoom.

- **Thursday, Sept. 5, 8:30 to 10 a.m.**
- **Tuesday, Sept. 10, 12 to 1:30 p.m.**
- **Tuesday, Sept. 17, 3:30 to 5 p.m.**
- **Thursday, Sept. 26, 8:30 to 10 a.m.**

For additional suicide prevention resources, visit [uab.edu/eacc](http://uab.edu/eacc) and [uab.edu/uabcare](http://uab.edu/uabcare).



**UAB**  
EMPLOYEE ASSISTANCE  
& COUNSELING CENTER  
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