As part of the training for your Mental Health Advocate Level 1 badge, you will be asked to review the mental health resources and support listed below. After reviewing, you will complete a brief quiz in the Campus Learning System.

**OVERVIEW of UAB WELLNESS RESOURCES**

- UAB Cares Suicide Prevention Initiative
- Employee Assistance and Counseling Center
- Case Management Services
- Code Blaze Mental Health Resources
- Code Blaze Toolkits
- Financial Wellness
- Healthy Aging
- Mental Health Virtual Resources Fair
- myStrength Self-Help Platform for Employees
- Online Mental Health Screenings
- Stress Management Resources
- Support for Managers
- UABwell Mental Health App
- UAB Employee Wellness
- My Health Rewards
- UAB Medicine Office of Wellness

**ADDITIONAL EMPLOYEE SUPPORT at UAB**

- UAB Human Resources
- UAB Benefits
- UAB Benevolent Fund
- Blazer Kitchen
- University Recreation
- Faculty & Staff Development
- AWARE (Assistance for Employees with Disabilities)
- UAB Parent & Family Services