

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.

2026 DATES:

FEB 26 • APR 28 • JUN 25

AUG 25 • OCT 22 • DEC 8

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 30 participants. Registration opens 30 days prior to requested session and closes 10 days ahead of session. To request disability accommodations, email HRAWARE@uab.edu.



Mental Health First Aid is a requirement of the Mental Health Fellow Learning Paths in the UAB Enterprise Mental Health Advocate Program.

uab.edu/uabcares

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: March 6, 2029). UAB Hospital's Center for Nursing Excellence is an approved provider of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Criteria for class completion:

- Attend the entire event.
- Sign the roster at the beginning of the activity.
- Turn in a completed evaluation at the end of the presentation.
- Swipe your CE scanning card at the end of the event.

Social Work Continuing Education hours are also available.

UAB The University of
Alabama at Birmingham.

Employee Assistance & Counseling Center

A MHR Point-Earning Opportunity

MY HEALTH REWARDS

uab.edu/myhealthrewards