



Want to make a difference? Take ↘

Mental Health First Aid

Mental Health First Aid is a virtual training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

WHEN & WHERE:

Jan 28 • Mar 25 • Apr 3 • May 18 • Jul 29 • Sep 30

9 a.m.-3 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.**

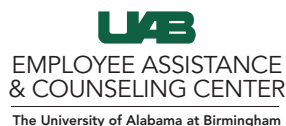
WHO:

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

REGISTRATION:

Email uabeacc@uabmc.edu to register. Course is limited to 20 participants; registration closes 10 days ahead of requested 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).



A MHR Point-Earning Opportunity
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