



# 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. Participants will learn common signs and symptoms of mental health and substance use challenges, how to interact with a person in crisis and connect them with help, and additional information on trauma, substance use and self-care.

A MHR Point-Earning Opportunity

**MY HEALTH REWARDS**

[uab.edu/myhealthrewards](http://uab.edu/myhealthrewards)

## **2023 DATES:**

**February 23 • March 21 • April 27 • June 22**

**August 24 • October 26 • December 14**

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 all UAB, UAB Medicine, VIVA Health, Homewood, Trussville and Tarrant City Schools and i3 Academy employees and members of their immediate household.

## **REGISTRATION:**

Email [uabeacc@uabmc.edu](mailto:uabeacc@uabmc.edu) to register. Course is limited to 20 participants. Registration will be available 30 days prior to session, and closes 10 days ahead of requested session. *To request disability accommodations, email [HRAWARE@uab.edu](mailto: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.**