



# 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.



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**

### 2026 DATES:

**February 26 • April 28 • June 25**

**August 25 • October 22 • December 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.*

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.**

**UAB** The University of  
Alabama at Birmingham.

Employee Assistance & Counseling Center

A MHR Point-Earning Opportunity

**MY HEALTH REWARDS**

uab.edu/myhealthrewards