



VitalCog: Suicide Prevention in the Workplace

Did you know individuals with depression miss an average of 4.8 days of work each year and experience 11.5 days of reduced work productivity? What if you could create a safe space for dialogue regarding workplace mental health challenges? In this seminar with EACC Director Tami Long and EACC Counselor Meaghan Barton, participants will learn the skills needed to proactively address the early warning signs of mental health and suicide in the workplace.



VitalCog: Suicide Prevention in the Workplace is a requirement of the **Mental Health Advocate Level 2: Leaders** Learning Path, in the UAB Enterprise Mental Health Advocate Program. uab.edu/uabcares

WHEN & WHERE:

Thursday, April 25,
10 a.m. to noon, via Zoom

WHO:

Program is free and open to UAB and UAB Medicine faculty, staff, trainees and students who are badged as Level 1 Advocates.

REGISTRATION:

Visit go.uab.edu/EACC-Calendar and select "VitalCog," or register through the Campus Learning System. To request disability accommodations, email HRAWARE@uab.edu.

