

Mental Health Advocate Program Learning Paths

Mental Health Advocate Level 1:

- COMPLETE:**
- ✓ Kognito
 - ✓ QPR Suicide Prevention
 - ✓ Explore UABwell App
 - ✓ Overview of Wellness Resources

Mental Health Advocate
for All UAB/UAB Medicine



Mental Health Advocate Level 2:

STUDENT TRACK

Mental Health Advocate Level 1

COMPLETE:

- ✓ Therapy Assistance Online
- ✓ Togetherall

Mental Health Advocate
for Students

FACULTY/STAFF TRACK

Mental Health Advocate Level 1

COMPLETE:

- ✓ Mental Health First Aid
- ✓ Explore myStrength App

Mental Health Advocate
for Employees

LEADER TRACK

Mental Health Advocate Level 1

COMPLETE:

- ✓ Suicide Prevention/Workplace
- ✓ Mental Health First Aid
- ✓ Explore myStrength App

Mental Health Advocate
for Leaders



Mental Health Fellow:

STUDENT TRACK

Mental Health Advocate Level 2

COMPLETE:

- ✓ Mental Health First Aid

Mental Health Fellow

PEER RESPONDER TRACK

Mental Health Advocate Level 2

COMPLETE:

- ✓ Peer Responder Program

Mental Health Fellow

This track is for UAB Medicine employees only

FACILITATOR TRACK

Mental Health Advocate Level 2

COMPLETE:

- ✓ QPR or Mental Health First Aid Instructor Training

Mental Health Fellow

