



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

A TRAINING COURSE FOR ALL EMPLOYEES

Mental Health First Aid

Identify. Understand. Respond.

This Training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Join UVM Instructor, [Annie Valentine](#), during spring break for 2 sessions, Tuesday 3/12 & Thursday 3/14 from 8am-12pm.

This course requires 2 hours of pre-work that will be sent before the required virtual sessions.

Registration required, only 30 spaces available.

Taught by the UVM Center for Health & Wellbeing,
sponsored by UVM Employee Wellness

REGISTER
HERE



For more information about UVM Employee Wellness,
join our [listserv](#),
visit go.uvm.edu/employeeewellness
or email employeeewellness@uvm.edu



The University of Vermont