



Mental Health Advocate Level 1 Training

OVERVIEW of UAB WELLNESS RESOURCES

As part of the training for your Mental Health Advocate Level 1 badge, you will be asked to review the mental health resources and support listed below. After reviewing, you will complete a brief quiz in the Campus Learning System.



» [UAB Cares Suicide Prevention Initiative](#)



» [Healthy Aging](#)



» [Support for Managers](#)



» [Employee Assistance and Counseling Center](#)



» [Mental Health Virtual Resources Fair](#)



» [UABwell Mental Health App](#)



» [Case Management Services](#)



» [myStrength Self-Help Platform for Employees](#)



» [UAB Employee Wellness](#)



» [Code Blaze Mental Health Resources](#)



» [Online Mental Health Screenings](#)



» [My Health Rewards](#)



» [Code Blaze Toolkits](#)



» [Stress Management Resources](#)



» [UAB Medicine Office of Wellness](#)



» [Financial Wellness](#)

ADDITIONAL EMPLOYEE SUPPORT at UAB

» [UAB Human Resources](#)

» [Blazer Kitchen](#)

» [AWARE \(Assistance for Employees with Disabilities\)](#)

» [UAB Benefits](#)

» [University Recreation](#)

» [UAB Parent & Family Services](#)

» [UAB Benevolent Fund](#)

» [Faculty & Staff Development](#)