



**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 virtual sessions on Monday, March 13 & Tuesday, March 14 from 9am-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](http://go.uvm.edu/employeeewellness)  
or email [employeeewellness@uvm.edu](mailto:employeeewellness@uvm.edu)



The University of Vermont