

# UAB Mental Health Resources



[www.uab.edu/uabcares](http://www.uab.edu/uabcares)

Enterprise-wide UAB Suicide Prevention initiative providing access to resources for crisis support and mental health care for all students and employees at UAB.



[www.uab.edu/uabcares/get-help-now](http://www.uab.edu/uabcares/get-help-now)

**Crisis and Emergency Resources.** If you or someone you know is experiencing a mental health crisis, they should call 911 or go to the nearest emergency department. For 24 hour access to text or call UAB has partnered with the Birmingham Crisis Center (205-323-7777) and the National Crisis Text Line (text "UAB" to 741-741).



<https://www.uab.edu/uabcares/kognito>

**Learn How to Help Someone.** Kognito is an online training to learn how to have a conversation with someone you are concerned about their mental health. Two courses are available, one for faculty and staff, one for students. Free to UAB community.



[www.uab.edu/students/counseling](http://www.uab.edu/students/counseling)

**Student Counseling Support.** Free, confidential counseling support for enrolled undergraduate, graduate, and professional students at UAB. Web-booking is available for the first appointment. Student Counseling Services also offers online screenings, workshops and trainings, a weekly podcast and resiliency resources.



<https://www.uab.edu/students/counseling/faculty-and-staff>

**Faculty Toolkit.** Resources for faculty and staff to support student mental health including, but not limited to sample syllabus statements, slides to include in a presentation, How to Refer a Student, Requesting a Presentation, training opportunities.



<https://www.uab.edu/students/counseling/bbb-canvas-course-or>

**Blazers Bounce Back Canvas Course.** Faculty can enroll students in your courses in this canvas course designed to teach basic skills of resiliency. It's an online course that includes videos, interactive exercises, a quiz, and a reflection activity.



<https://thepath.taoconnect.org/local/login/index.php>

**TAO self-help app for students.** A free app for students with access to a variety of mental health modules to address resiliency, stress, depression, anxiety, relationships, recovery support and more.



<https://www.uab.edu/humanresources/home/eacc>

**Employee Counseling Support.** Free, confidential counseling support for UAB postdoctoral fellows, employees and their families. The EACC also offers life coaching, online screenings, financial coaching, and a number of programs for employees.



<https://www.uab.edu/humanresources/home/eacc/mystrength>

**myStrength self-help app for employees.** A free app for employees and members of their immediate households with access to web and mobile tools for increased emotional health. myStrength features resources on topics like stress management, depression, anxiety, chronic pain, parenting, substance abuse and more.