



VitalCog: Suicide Prevention in the Workplace

Did you know individuals with depression miss an average of 4.8 days of work each year and experience 11.5 days of reduced work productivity? What if you could create a "safe space" for dialogue regarding workplace mental health challenges? Participants will learn the skills needed to proactively address the early warning signs of mental health and suicide in the workplace.

Led by UAB Employee Assistance & Counseling Center Vital Cog Facilitators Meaghan Barton, M.Ed., LPC, NCC; Jada Baker, LMSW; and Tami Long, PhD.

2026 DATES:

- Wednesday, February 18, 1:30-3:30 p.m., LHL 411*
- Tuesday, March 10, 10 a.m.-12 p.m., via Zoom
- Tuesday, May 5, 10 a.m.-12 p.m., via Zoom
- Wednesday, July 8, 1-3 p.m., via Zoom
- Tuesday, September 15, 1-3 p.m., via Zoom
- Tuesday, November 3, 10 a.m.-12 p.m., via Zoom

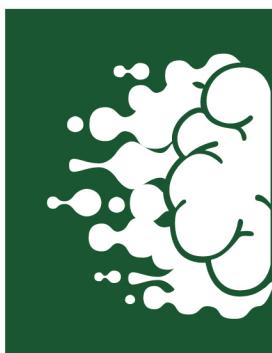
**February session is part of the UAB Center for Teaching and Learning's Faculty Well-being Series.*

ELIGIBILITY:

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

REGISTRATION:

Visit go.uab.edu/EACC-Calendar and select a date to register. To request disability accommodations, email HRAWARE@uab.edu.



VitalCog: Suicide Prevention in the Workplace is a requirement of the Level 2 Leaders Learning Path and the Mental Health Facilitator Learning Path in the **UAB Enterprise Mental Health Advocate Program**. Participation in the Mental Health Advocate program is not required to attend. uab.edu/uabcares