

Becoming a Mental Health Champion

**ALL FACULTY & STAFF
ARE ELIGIBLE**

Steps to become a Mental Health Champion:

1. Sign Up by Dec. 1



2. Complete the following trainings by March 31:

a. QPR for Suicide Prevention:

90 min online or in person

a. Supporting Bearcats in Distress:

90 min video online

a. Any Be Well seminar for
personal well-being

a. Attend graduation ceremony in
April



Mental Health Champions

Compassion. Support. Empower.

Once you sign up to become a Mental Health Champion, you will be added to a Teams page.

All training opportunities and completion forms will be housed on this page. If you have questions, please contact healthyuc@uc.edu

Healthy UC