

# C.E.r.T. Program Mental Health Awareness

How do you support someone going through a mental health concern? Learn skills you can use to support others in our community who may have a mental health concern.

**FREE!**



## Upcoming Trainings:

6/17 (M) 9am-noon  
7/16 (T) 8:30am-11:30 UHCL-P  
7/26 (F) 1pm-4  
8/16 (F) 9am-noon

## Join the Movement!

Support UHCL Mental Health! Sign up for our customized Mental Health Awareness program to gain vital skills in recognizing signs, providing support, and reducing stigma. Email our center to register and reserve your spot for any of our upcoming training sessions.

## Objectives:

- + Participants will learn to identify emerging signs and symptoms of mental health concerns.
- + Participants will be able to distinguish skillful vs unskillful ways to support individuals who are experiencing mental health concerns.



### Connect

Connect with others regarding mental health concerns



### Empower

Empower individuals to seek help



### refer

Refer individuals to mental health professionals



### Thrive

Thrive together as a community

## Contact Us



(281) 283-2580



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