

Kognito

At-Risk Mental Health Training

FREE access for all UCR student, staff & faculty.

PURPOSE

Increase your knowledge and awareness of mental health and suicide. Learn how to talk with a student who may be in distress. Connect a student with mental health resources.

BENEFITS

- ✓ Less than 1 hour
- ✓ Customizable for Student, Staff & Faculty
- ✓ Simulated conversations
- ✓ Downloadable resources
- ✓ Certificate of Completion



TAKE THE TRAINING!
[BIT.LY/UCRKOGNITO](https://bit.ly/ucrkognito)

