



Workshops to become a Mental Health Ally are available for free to all UTC faculty and staff. Become an ally to support students and colleagues on campus. Workshop schedules are available at utc.edu/wellbeing.



QPR: Question Persuade Refer

QPR is a practical and widely-used suicide prevention training program. It is often described as the mental health equivalent of CPR for medical emergencies. The goal is to teach people how to recognize the warning signs of suicide, approach someone who might be struggling and guide them toward appropriate help.



C-SSRS

The Columbia Suicide Severity Rating Scale (C-SSRS) was developed as a simple and evidence-based way to screen for suicidal ideation and behavior. This training is designed to be user-friendly so that faculty and staff, even without formal clinical training, can use the screening tool effectively. Training equips employees to recognize risks and connect individuals to appropriate support while ensuring consistency and compliance with university procedures.



Mental Health First Aid

Be prepared to identify and respond to mental health and substance use challenges commonly experienced in a higher education setting. Our engaging workshop will help you decrease stigma, address tough challenges, recognize early signs of distress and learn about compassion fatigue.



Psychological First Aid/SAFE-R

The SAFE-R model is a structured approach used in Psychological First Aid (PFA) to provide support and assistance to individuals in the immediate aftermath of a crisis, disaster or traumatic event. It aims to reduce distress, promote a sense of safety and connection and support short- and long-term recovery.

