



UAB Mental Health Facilitator Application

CRITERION/ELIGIBILITY

- Complete and submit the UAB Mental Health Facilitator Application
- Successfully complete Levels 1, 2, and the Mental Health Fellow Level of the UAB Enterprise Mental Health Advocate Program
- At least two (2) years of employment at UAB
- Letter of recommendation/approval from supervisor
- Agree to facilitate at least three (3) QPR, MHFA or Vital Cog courses a year
- Department must provide financial support for Mental Health Facilitator training:
 - ◇ QPR Facilitator Training: \$595
 - ◇ Mental Health First Aid (MHFA) Facilitator Training for Higher Education: \$2,200
 - ◇ Vital Cog Suicide Prevention in the Workplace Facilitator Training: TBD

NAME

BLAZER ID

UAB DEPARTMENT

JOB TITLE

HOW LONG HAVE YOU BEEN EMPLOYED AT UAB?

SUPERVISOR'S NAME

SUPERVISOR'S CONTACT INFORMATION

WHICH FACILITATOR TRAINING
ARE YOU INTERESTED IN?

QPR

MHFA

VITAL COG

1. Explain why you would like to become a UAB Mental Health Facilitator. How do you envision your role as a Mental Health Facilitator contributing to the overall well-being of employees within the UAB enterprise?

2. Please share a specific experience where you supported someone in a mental health crisis or helped someone struggling with their mental well-being.

3. How do you plan to balance your commitment as a Mental Health Facilitator with your UAB department responsibilities and duties?

4. What qualities do you possess that would make you a good facilitator?

5. Are you comfortable speaking in front of groups of colleagues and/or peers on the topic of suicide or other sensitive subject matters? Share your experiences with public speaking.

By signing this application, I affirm that I meet all necessary qualifications to assume the role of a UAB Mental Health Facilitator, and my supervisor endorses my candidacy.

SIGNATURE

DATE

SUPERVISOR'S SIGNATURE

DATE