



**RISE Center at UCLA**

*Heal. Connect. Thrive.*

# Mental Health Leadership Training

*Tuesdays 4-5:30pm  
offered virtually via Zoom*

- wk 3 apr.14 Foundations of Resilience
- wk 4 apr.21 Caring for Yourself While Caring for Others
- wk 5 apr.28 Identifying & Supporting Students in Distress
- wk 6 may.5 How to Support Sexual Assault Survivors
- wk 7 may.12 Suicide Safe: Campus Suicide Prevention Skills

sign up here:

[tinyurl.com/y4u5tcps](https://tinyurl.com/y4u5tcps)

Students who attend all five sessions will receive a  
RISE Mental Health Leadership Certificate!