

# MENTAL HEALTH ALLIES

⚡ Space is Limited – Don't Miss Out!

## BUILD SKILLS, SUPPORT OTHERS BECOME A MENTAL HEALTH ALLY

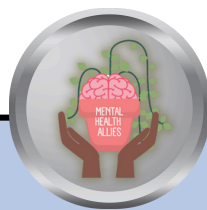


### BRONZE TIER

- 2-hour session
- Learn basic support and response skills for mental health distress
- Learn about support services and referral processes
- Obtain a completion sticker and button

October 14, 2025  
10am-12pm | HUB 260

November 13, 2025  
10am-12pm | Virtual



### SILVER TIER

- 4-hour training session
- Trauma-informed approaches to mental health support and referrals
- Interactive, scenario-based skill development
- Obtain a completion sticker and button

October 21, 2025  
1pm-5pm | HUB 367

November 20, 2025  
1pm-5pm | Virtual

SCAN HERE



SAVE YOUR SPOT  
FOR FALL 2025

AVAILABLE TO ALL  
UCR STUDENTS, STAFF,  
AND FACULTY, INCLUDING:

UNDERGRAD

GRAD

VETERANS