

- **Free Mental Health Trainings for Faculty and Staff**

This semester Wellness Promotion will be offering free mental health trainings for faculty and staff. Please register online [here](#) or by visiting [campusrec.uccs.edu](https://campusrec.uccs.edu) and clicking on "Wellness and Nutrition." Upcoming offerings include:

- *QPR Suicide Prevention Training*  
Reduce suicidal behaviors and save lives by attending this innovative, practical and proven 90-minute suicide prevention training.  
Offered on April 6th from 12:00pm-1:30pm on Microsoft Teams
  - *Practicing Happiness*  
This virtual session will cover practical behaviors to improve our mental health and wellbeing.  
Offered: March 17th 12:00pm-1:00pm on Microsoft Teams
  - *Heartmath (Registration can be found [here](#))*  
Come to understand what heartmath is, how it can help to rejuvenate us, and bring awareness between the mind, body, and heart to allow stability and control within our daily lives! Participants will learn to change your heart rhythm pattern to create physiological coherence; a scientifically measurable state characterized by increased order and harmony in our mind, emotions and body.  
Offered: March 15th from 12:00pm-1:00pm in Group Fitness Studio 1
- **Student Support Program--NOD**—a research backed app for students that taps into positive psychology ideas and helps students build connections and friendships. Campus is providing sessions about the tool and how faculty can help promote to students. I will provide the information in a written document that will be included in the minutes. But watch for information about this app and faculty/staff informational sessions.

**NOD information:**

You may be aware that our campus was granted the opportunity to utilize [Nod, a research-backed app](#) for students that taps into positive psychology and the science of social connections to help them build the friendships they want and need. Nod is not a social media app, but is all about helping students achieve their social goals in real life.

We want to empower you to use Nod as a **referral tool** for students as it is linked to student well-being and academic persistence. To help you understand Nod better, we welcome you to join a short 30 minute training organized by our corporate partner that will focus on the following goals:

- Learn how Nod can help students combat loneliness and social isolation
- Gain tools to support your students as a well-being advocate
- Collaborate cross-departmentally about mental health and student success

**Please attend one of the following meetings as it fits your schedule.**

Click to register:

Weekly Spring Sessions (in EST):

- [March 17 at 1PM ET](#)

Monthly Sessions (In EST):

- [April 6 at 1:30 PM ET](#)
- [May 4 at 1:30 PM ET](#)
- [June 1 at 1:30 PM ET](#)

Thank you for your time and engagement in this opportunity. To learn more about the platform, [download Nod here](#) on your mobile device and watch this short [overview video](#).