

Mental Health 101

Ashley Freeman, MSW, LICSW

Behavioral Health Therapist & Substance Use Disorder Specialist Carruth Center for Counseling and Psychological Services

This training, available for both staff and students, focuses on the following:

- Effective listening skills
- In-depth look at the services provided by the Carruth Center and the CARE Team
- Reviews the warning signs of suicide
- Allows participants the opportunity to discuss how to safely intervene with students who are in distress



Date:Mon, Feb 3, 2024Time:3:30-4:30 pmLocation:Clark Hall 312