

FLORIDA STATE UNIVERSITY

20-Hour, Online, Professional
Certification in College Student
Wellbeing, Trauma, and Resilience

QUESTION, PERSUADE, REFER (QPR).

90-Minute, Live, Suicide Prevention
Training on Warning Signs,
Intervention, and Referral Strategies

MENTAL HEALTH FIRST AID

7-Hour, Live with Lunch,
Certification course on Mental
Health Education and Intervention

WELLBEING PROGRAMMING

Wellbeing Programming,
Custom Workshops, and
Presentations

THRIVE IN 5 RESOURCES

Workbook, 5-Minute Worksheets/Activities,
and Resources for Facilitating Introductory
Conversations on Wellbeing

WELLBEING PROGRAMMING

- Wellbeing in the Learning Environment
- Recognize, Respond, & Refer Students in Distress
- Sexual Misconduct and Violence Prevention
- Recovery, Alcohol, and Drug Use
- Healthy Sex and Lifestyle Tips
- THRIVE: Wellbeing at Southern



WEBSITE

<https://inside.southernct.edu/wellbeing>



EMAIL

wellbeing@southernct.edu



IN PERSON

Schwartz Hall,
room 100



INSTAGRAM

[@SCSUwellbeing](https://www.instagram.com/SCSUwellbeing)
[@thriveSCSU](https://www.instagram.com/thriveSCSU)