I CARE is an interactive training that builds a caring community with the skills and resources to intervene in student stress, distress, and crisis.

February 26, 2020
9 AM-12 PM
Houston Hall, Bodek Lounge

Breakfast will be provided.

REGISTER: www.vpul.upenn.edu/caps/icare

I CARE ESSENTIALS
Training Includes

- Tips for identifying and understanding stress, distress, and crisis
- Insight into cultural considerations in mental health
- A guide to assessing mental health crises and suicidal ideation
- An introduction to effective listening and intervention skills
- A review of CAPS services