



Mental Health First Aid Training

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.



Jenna Teso

Clinical Social Work/Therapist, DBH, LCSW, CCTS-1

Jenna Teso is the UAHS Office of Equity, Diversity and Inclusion Mental Health Counselor. Jenna obtained her Master's in Social Work in 2011, then Doctorate in Behavioral Health in 2015, both at Arizona State University. She has experience providing clinical services in a variety of settings, including hospitals, community mental health, crisis services, schools, and detention centers. Her special interests include working with those experiencing life transitions, anxiety, trauma, and grief. She enjoys getting to know students as individuals and helping them to come up with a personalized plan to address their unique issues utilizing personal strengths.

Thursday, November 18, 2021

🕒 10:00 AM-5:00PM
30 Minute Lunch Break
ZOOM

Register Here:

https://bit.ly/Mental_Health21



GET IN TOUCH

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