



**Presentations:** UTPD and UT Counseling and Mental Health Center (CMHC) offer in department presentations on the following topics, if you are interested please contact SDS admin staff to schedule. All presentations run between one and two hours. (Refer to links to read about these and alternate presentations/tools below)

- Helping Students in Distress (For UT Staff and Faculty Only)
- Stress Management
- Suicide Prevention
- Workplace Violence
- When Lightning Strikes/Active Shooter
- Office Safety
- Personal Safety

**Video and PowerPoint Training:** UT Employee Assistance Program (EAP) and UTPD host training modules on the various topics below.

- Flashpoint & When Lightning Strikes - <https://police.utexas.edu/videos/>
- Stress Management: Relaxation, Breathing and Meditation - <http://sites.utexas.edu/eap/stress-management-relaxation-breathing-and-meditation/>
- Safety in the Workplace and Behavior Concern Advice Line (BCAL) - <http://sites.utexas.edu/eap/safety-in-the-workplace-and-the-behavior-concerns-advice-line-bcal/>

#### **Tools and Resources:**

- CMCH Stress Recess - <https://www.cmhc.utexas.edu/stressrecess/index.html>
- CMCH MindBody Lab - <https://cmhc.utexas.edu/mindbodylab.html>
- CMCH Stress Management Tools - <http://sites.utexas.edu/srbc/stress-management-tools/>
- Stress Reduction and Biofeedback Center - <http://sites.utexas.edu/srbc/stress-reduction-biofeedback-center/>
- How You Can Help a Student in Distress: A guide for Faculty and Staff - <https://www.cmhc.utexas.edu/studentindistress.html>

**UTPD:** <https://police.utexas.edu/prevention/presentations.html>

**CMHC:** <https://www.cmhc.utexas.edu/presentations.html>

**EAP:** <https://hr.utexas.edu/eap/>