

# Kognito's At-Risk for Faculty and Staff Mental Health Awareness Training

## OVERVIEW

The Florida Board of Governors requires that all state university employees complete this training in its entirety. This simulation-based training gives us all a better understanding of how to identify students who need additional support and direct them to help. As an FSU employee, you may be the first one to notice signs of distress in a student. It is important that you are prepared to respond to such concerns. The Kognito training simulation will take approximately 45 minutes to complete, depending on your level of engagement.

## HOW DO I PARTICIPATE?

- 1.) Visit the Kognito training website at [fsu.kognito.com](https://fsu.kognito.com)
- 2.) Sign in using your FSU **employee** credentials (e.g., username and password)

The screenshot shows the Kognito training website interface. At the top, it says "Mental Health Awareness Training" and "Kognito". On the left, there is a logo for "Counseling & Psychological Services at Florida State University" with the phone number "850.644.TALK (8255)" and the website "counseling.fsu.edu". On the right, there is a logo for "live well! FLORIDA STATE". The main content area features a blurred background image of a group of people sitting around a table. A dark red box with white text says "Sign in with your FSU username and password". Below this, there is a white box with a dark red border containing the text "Sign in with your Florida State University Employee Email account." and a prominent orange button that says "Click here to sign in.". Below the button, there is a link that says "Having trouble signing in?".

3.) Select **Launch**

4.) Follow the on-screen instructions to complete the training simulations

Mental Health Awareness Training Kognito

Counseling & Psychological Services  
at Florida State University  
850.644.TALK (8255) | counseling.fsu.edu

live well!  
FLORIDA STATE

Emily Kennelly | Sign Out

Choose a course.

AT-RISK MENTAL HEALTH FOR FACULTY & STAFF Launch

at-risk for Faculty & Staff Access Certificate

At-Risk Mental Health for Faculty and Staff

In this course you'll learn to recognize signs that students may be in distress, and then you'll practice talking with students and connecting them with appropriate campus support.

LAUNCH

5.) Download the Certificate of Completion and save a copy for your records.

AT-RISK MENTAL HEALTH FOR FACULTY & STAFF Launch

at-risk for Faculty & Staff Access Certificate

At-Risk for Faculty & Staff

Recognize when a student is exhibiting signs of psychological distress, and manage a conversation with the goal of connecting them with the appropriate campus support service. [Aft...](#) [More](#)

SUBSCRIPTION ENDED

Status: Completed  
Date: 2020.10.08

Download Certificate