



Online Training for  
Middle and High School Educators

How do I help a student  
I'm worried about?



Access this free one-hour training at:

<http://kognito.com/iowa>



- ▶ **Learn to recognize signs of psychological distress and connect students to support services**
- ▶ **Practice speaking with student avatars**

▶ **Community partners and school administrators:**

Help make the training available to educators at your local middle and high schools. Go to the above link to find resources to help inform schools and teachers about the course.

**Questions about this training initiative?**

Contact Pat McGovern at [pat.mcgovern@idph.iowa.gov](mailto:pat.mcgovern@idph.iowa.gov)