



## **VIRTUAL MENTAL HEALTH AWARENESS TRAINING**

With the stress and uncertainty in the world right now learn how you can identify the emotional needs and assist those in your community, family, or organization. QPR (Question, Persuade, Refer) Suicide Prevention training and Mental Health First Aid will be offered virtually at no cost.

Please register in advance through link below each date.

**The following are open public trainings and are available to anyone interested in the state of New Jersey. Organizations may also request trainings specifically scheduled for their employees & volunteers.**

### **QPR (Question, Persuade, & Refer)**

January 10, 2022 @ 10am- 12pm

<https://us02web.zoom.us/j/6N2fERLfeIz9> Copy

### **QPR (Question, Persuade, & Refer)**

January 19, 2022 @ 1pm- 3pm

<https://us02web.zoom.us/j/B7sfVIV0Pg>

### **Youth Mental Health First Aid**

January 26, 2022 @ 9am – 4pm

(Pre-register at the below link. You will receive an email inviting you to create a profile. Once you have created your profile you will be added to the class, and you will be able to complete your 2 hrs of required pre-work. Upon completion of your pre-work, you will receive a link to attend the virtual class. Additional instructions will be sent to you and the virtual class will include breaks and a 30 min lunch)

<https://mhfaublicjan2022.questionpro.com>

# January 2022

## Mental Health First Aid

## Question, Persuade, Refer (QPR)



**contact**

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