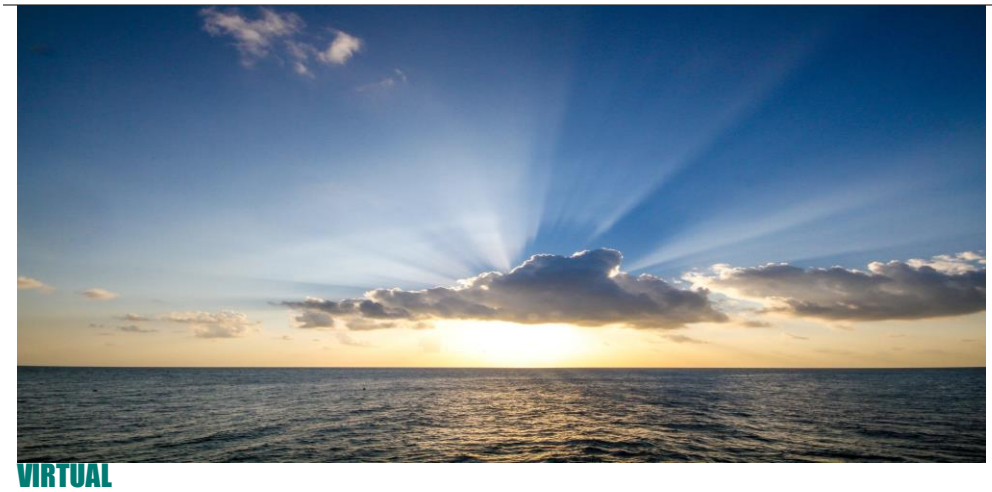

VIRTUAL
MENTAL HEALTH AWARENESS TRAINING

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 COVID-19 Strategies and Techniques for Coping will be offered virtually at no cost.. Please register in advance through link below each date.

COVID-19: Coping with Anxiety About Returning to School (1 Hour)
December 4th @ 10:00 AM
https://us02web.zoom.us/meeting/register/tZUqceiqpzMpGdFXx120lfZwhj0W3qh-1ewc

COVID-19 Strategies and Techniques for Coping (2 Hours)
December 8th @ 10:00 AM
https://us02web.zoom.us/meeting/register/tZEkcOirpzwjHtwxgMMWQ0dsKaqcYr1A8sxi

Question, Persuade, Refer (2 Hours)
December 16th @ 1:00 PM
https://us02web.zoom.us/meeting/register/tZ0pfuGtrDosHNbr7mdy4Cdtt6gX0YJOhlhZ

DECEMBER 2020

COVID-19: Coping with Anxiety About Returning to School

COVID-19: Strategies and Techniques for Coping

Question, Persuade, Refer (QPR)

For more information contact Megan.Sullivan@dhs.nj.gov

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