



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 Strategies and Techniques for Coping (2 Hours)

September 10th @ 1:00 PM

<https://us02web.zoom.us/meeting/register/tZAodu6hrTqvGtVaNI1DUqTLr5XmIVELJ1k>

September 22nd @ 4:00 PM

<https://us02web.zoom.us/meeting/register/tZ0sd-qupjosG9Mep0OpZtIDPku7x0X4o5Gd>

Question, Persuade, Refer (2 Hours)

September 2nd @ 10:00 AM

https://us02web.zoom.us/meeting/register/tZ0kceqtpj4tGNwKITaMRMUjtRCR8U_vuHX8

September 9th @ 1:00 PM

<https://us02web.zoom.us/meeting/register/tZUfuarqrpjgoH9M3SZPt8UNyZhG3e5IHXPuW>

September 16th @ 4:00 PM

<https://us02web.zoom.us/meeting/register/tZMpd-Gapz0jHtGxiRvj40C5kKrGdQzP74xA>

SEPTEMBER 2020

COVID-19: Strategies and Techniques for Coping

Question, Persuade, Refer (QPR)



For more information contact

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