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 for all trainings.

COVID-19 Strategies and Techniques for Coping

JULY 13th - 10am-11:30:
https://us02web.zoom.us/meeting/register/tZUkfu2orTsulJ1tnfTp-Ea5cTP4MX_us

July 20-1pm-2:30 :
https://us02web.zoom.us/meeting/register/tZIkceygqz4uE9d8ptz4qh2o78YaLxqdcUS

July 27, 4pm-5:30:
https://us02web.zoom.us/meeting/register/tZAtdu6oqTgoHd2oB8NvhP NiWJG4gGj_Ctsl

Question, Persuade, Refer

July 15, 10am-11:30am: https://us02web.zoom.us/meeting/register/tZEsf-uhrTwrgT81PSWFGLS5Rz5v-Be48-n

July 22, 1pm-2:30 pm:
https://us02web.zoom.us/meeting/register/tZ0rcOyvq2MqGd0wTTC1-
LV5UVN3M9HB488ou

July 29, 4pm-5:30pm:
https://us02web.zoom.us/meeting/register/tZYkde6rrTgqElru2UyIj8O9e7AXZK4B

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