



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/tZUkfu2orTsuHtSJ1tnfTp_-Ea5cTP4MX_us

July 20-1pm-2:30 :

<https://us02web.zoom.us/meeting/register/tZlkceyggz4uE9d8ptz4qh2o78YaLxqdcUSc>

July 27, 4pm-5:30:

https://us02web.zoom.us/meeting/register/tZAtdu6oqTgoHd2oB8NvhPNiWJG4gGj_Ctsl

Question, Persuade, Refer

July 15, 10am-11:30am: <https://us02web.zoom.us/meeting/register/tZEsf-uhrTwrGtS81PSWFGLSRzc5v-Be48-n>

July 22, 1pm-2:30 pm:

<https://us02web.zoom.us/meeting/register/tZ0rcOyvqzmqGdwTTC1-LV5UVN3M9HB488ou>

July 29, 4pm-5:30pm:

<https://us02web.zoom.us/meeting/register/tZYkde6rrTgqGtElru2UyJp6J8O9e7AXZK4B>



COVID-19 Strategies and Techniques for Coping

Question, Persuade, Refer

**For more
information,
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