



**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)

September 3rd @ 10:00 AM

<https://us02web.zoom.us/j/92405900342>

September 8th @ 4:00 PM

<https://us02web.zoom.us/j/92405900342>

September 11th @ 1:00 PM

<https://us02web.zoom.us/j/92405900342>

September 14th @ 4:00 PM

<https://us02web.zoom.us/j/92405900342>

September 23rd @ 10:00 AM

<https://us02web.zoom.us/j/92405900342>

COVID-19 Strategies and Techniques for Coping (2 Hours)

September 10th @ 1:00 PM

<https://us02web.zoom.us/j/92405900342>

September 22nd @ 4:00 PM

<https://us02web.zoom.us/j/92405900342>

Question, Persuade, Refer (2 Hours)

September 2nd @ 10:00 AM

<https://us02web.zoom.us/j/92405900342>

September 9th @ 1:00 PM

<https://us02web.zoom.us/j/92405900342>

September 16th @ 4:00 PM

<https://us02web.zoom.us/j/92405900342>

SEPTEMBER 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

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