

UPCOMING PROGRAMS

Question. Persuade. Refer. (QPR) Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. In three steps anyone can learn to help prevent suicide. This virtual training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.



March 6, 2024
6:30 pm - 8:30 pm
Click Here To Register
(Registration ends on March 4th)

YOU WILL RECEIVE A ZOOM LINK VIA EMAIL



KEY COMPONENTS COVERED IN THE TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis




partners in prevention
springsprint5K

SATURDAY, APRIL 20 - 9:00 AM
Secaucus High School, 11 Millridge Road, Secaucus, NJ 07094

Co-Sponsored by the Secaucus Coalition



[Click here
for more!](#)

The Bernards Township Health Department
and Stacey Uhrig present:

SELF MASTERY SEMINAR SERIES WHAT IS TRAUMA REALLY?

Discover the significance behind the buzzword "trauma." Join Stacey Uhrig for an insightful exploration into its impact on mental and physical well-being. **Gain a deeper understanding of this pervasive term and its relevance in today's world.** Don't miss out on unraveling the complexities of trauma and its implications for individuals and society.



Date
March 21, 2024



Time
5:30pm-7:30pm

Warren Craft Room
Bernards Township Townhall
1 Collyer Lane
Basking Ridge, NJ 07920



Call 908-204-3069 or email ahuber@bernards.org to register

Learn more by visiting

www.flipyourmindset.com

Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - Info: 908-204-3070

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chloride Borough
Long Hill Township
Henderson Borough
Peapack-Ngahonesse Borough

CHECK YOUR HOME FOR RADON

FREE RADON TESTING KITS
AVAILABLE NOW



FOR RESIDENTS OF
CONTRACTUAL TOWNS
ONLY
ONE KIT PER HOUSEHOLD
WHILE SUPPLIES LAST
PICK UP AT THE HEALTH
DEPARTMENT