

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.



April 26, 2023

6:30 pm - 8:30 pm

Click Here To Register

(Registration ends on April 23rd)

YOU WILL RECEIVE A ZOOM LINK VIA EMAIL

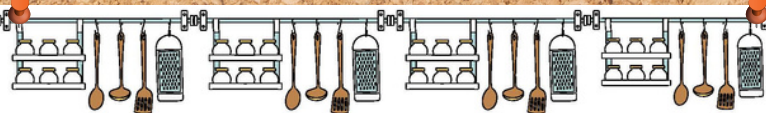


KEY COMPONENTS COVERED IN THE TRAINING:

- 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



Governor's Council on
ALCOHOLISM & DRUG ABUSE



The Bernards Township Health Department
and Nourish and Thrive Nutrition Center present:

BUILDING A HEALTHY KITCHEN

Thursday, April 27

6:00 - 7:30 pm

**Bernards Township Library
32 S. Maple Ave, Basking Ridge**

Registration Required. Call 908-204-2520 to register.

Looking for ways to prepare nutritious meals in 20 minutes or less? Set your environment up for success! Join Registered Dietitian Nutritionists for a nutrition presentation and culinary demonstration. Discover how to grocery shop for convenience items and stock your kitchen zones with all the ingredients you need to prepare healthy and efficient meals at home.

*Elisa England, MS, RDN founder of NewTritious You
Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting
Together Elisa and Ellen are Nourish and Thrive Nutrition Center.*



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
Barnstable Borough
Chester Borough
Long Hill Township
Henderson Borough
Prospect Park, Gladstone Borough

Don't Forget!

COVID-19 Vaccine Clinics
Tuesdays 3-5pm at St. James

COVID-19 Testing Clinics
Thursdays 9am-4pm at
Bernards Twp Community Center

Check [here](#) for
April dates



Note to self:
Drop off all unused and
expired medications at
the Bernards Township
Police Dept on Sat. April
22nd 10am - 2 pm



UPCOMING PROGRAMS

Youth Mental Health First Aid

May 11, 2023
9:00am - 3:00pm

9 Church Street
Bernardsville, NJ 07924

Register for FREE
<https://tinyurl.com/ysyndpw9>

Youth Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who Work with Youth



REQUIREMENTS

Participants will be required to complete 2 hours of online self-guided learning PRIOR to attending the in person session.



QUESTIONS?

For more information contact Susan Visser at svisser@communityincrisis.org



Please scan to register.



Mental Health First Aid

May 18, 2023
9:00- 4:30

Bernards Township Library
32 S. Maple Ave, Basking Ridge

Register for FREE
<https://tinyurl.com/3jfk9kn>

Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among adults 18+.

On average,

130

people die by suicide every day.

Source: American Foundation for Suicide Prevention

From 1999 to 2019,

841,000

people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly

1 IN 5

in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers
- Police officers
- Hospital staff
- First responders
- Caring individuals



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Please scan to register.



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

REMINDER

Sign up for the
Twilight Challenge !!
Get pre-registration
prices before June
2nd on [RunSignUp](https://runsignup.com)