



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.



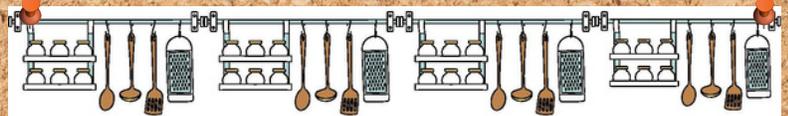
April 26, 2023
6:30 pm - 8:30 pm
[Click Here To Register](#)
 (Registration ends on April 23rd)

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



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
 Chester Borough
 Long Hill Township
 Mendham Borough
 Peapack-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.

<p>10.2% of youth will be diagnosed with a substance use disorder in their lifetime. <small>Source: Youth Mental Health First Aid**</small></p>	<p>1 IN 5 teens and young adults lives with a mental health condition. <small>Source: National Alliance for Mental Illness*</small></p>	<p>50% of all mental illnesses begin by age 14, and 75% by the mid-20s. <small>Source: Archives of General Psychiatry***</small></p>	<p>WHO SHOULD KNOW MENTAL HEALTH FIRST AID?</p> <ul style="list-style-type: none"> • Teachers • School Staff • Coaches • Camp Counselors • Youth Group Leaders • Parents • Adults who Work with Youth
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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@communityin crisis.org



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+.

<p>On average, 130 people die by suicide every day. <small>Source: American Foundation for Suicide Prevention</small></p>	<p>From 1999 to 2019, 841,000 people died from drug overdoses. <small>Source: Centers for Disease Control and Prevention</small></p>	<p>Nearly 1 IN 5 in the U.S. lives with a mental illness. <small>Source: National Institute of Mental Health</small></p>	<p>WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID</p> <ul style="list-style-type: none"> • Employers • Police officers • Hospital staff • First responders • Caring individuals
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REQUIREMENTS
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QUESTIONS?
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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](#)