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 training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.



April 3, 2024 10:00 am - 12:00 pm at the Bernards Library (32 S Maple Ave, Basking Ridge, NJ)

Click Here To Register

(Registration ends on March 27th)

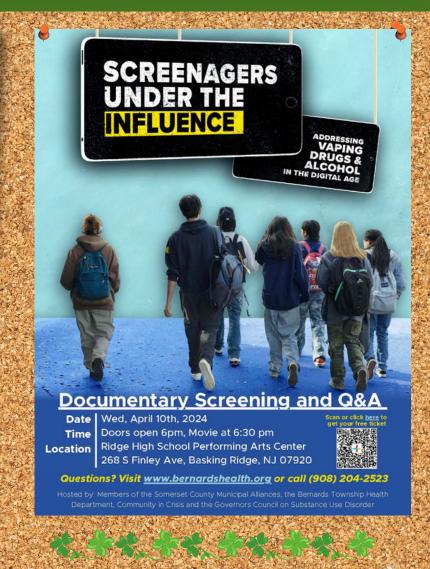
KEY COMPONENTS COVERED IN THE TRAINING:

- · 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









About this Workshop

Developed by Stanford University, this selfmanagement program is proven to help cancer patients, survivors and caregivers learn to better manage the challenges of

To Register:

Contact Patti Halicki at: (908) 685-2585 or Patricia.Halicki@RWJBH.org

6-WEEKS ON TUESDAYS 5:30 - 8:00 PM

DATES: March 19, 26 and April 2, 9, 16, 23, 2024

Location

RWJUH Somerset Steeplechase Cancer Center 30 Rehill Avenue Somerville, NJ 08876

-- A light dinner will be provided --







Bernards Township Health Department

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