

VIRTUAL MENTAL HEALTH AWARENESS TRAININGS

With the stress and uncertainty in the world right now, learn how you can identify the emotional needs and provide assistance to others in your community, family, or organization.

QPR (Question, Persuade, Refer), a suicide prevention training, will be offered at no cost.

Public Virtual Question, Persuade, Refer (QPR)

These dates are individual training opportunities and participants only need to attend one session to receive a course completion certificate.

Jan 14, 2026

10:00 AM -

12:00 PM EST



<https://tinyurl.com/MHATQPRO11426>

Jan 23, 2026

1:00 PM -

3:00 PM EST



<https://tinyurl.com/MHATQPRO12326>



Feb 11, 2026

6:00 PM -

8:00 PM EST

<https://tinyurl.com/MHATQPRO21126>



Feb 20, 2026

1:00 PM - 3:00

PM EST

<https://tinyurl.com/MHATQPRO22026>

Please register in advance for our upcoming trainings open to the general public. Space is limited to 35 participants and each participant must individually register. Organizations should contact us to schedule personalized trainings.

Question, Persuade, Refer (QPR) and Adult/Youth Mental Health First Aid are also available upon request for host organizations.

Trainings and materials are provided at no cost to hosting agencies.

To meet organizational needs, schedule for your team outside of public sessions.

For more information about a training, to schedule a hosted training, or to subscribe to our calendar, please contact:

DMHAS.DTBtraining@dhs.nj.gov

**Closed Captioning is available with all trainings. If assistance is needed related to an accommodation, please email Amy.Hassa@dhs.nj.gov at least two weeks prior to the training.*