



Hudson County Community College promotes awareness, acceptance, and understanding of regarding mental health and substance use.

As a stigma-free community and a JED Campus school, HCCC has joined the "Every Mind Matters" campaign, an initiative of the Center for Student Success/New Jersey Council of County Colleges.

MENTAL HEALTH LITERACY AND AWARENESS

QPR Training

Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

Mental Health First Aid

This national program teaches the skills to respond to the signs of mental illness and substance use.

ATTENTION TO STAFF & FACULTY, AND STUDENTS!

Email: mentalhealthcounseling@hccc.edu or call (201) 360-4229
if you and your team want to schedule training.

QPR training is 90 minutes of virtual – groups of no less than 15 and no more than 25.
Mental health first aid is no less than 15 – no more than 25, and it is a full day of virtual training with about 2-3 hours of prep time on your own that needs to be completed before you attend.

Sign up on

<https://myhudson.hccc.edu/outreach-presentation-request>

Open "Staff & classroom Faculty Training" Click "QPR Training" or "MHFA"

In partnership with:

