



# BARRY GLASSMAN

HARFORD COUNTY EXECUTIVE

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FOR IMMEDIATE RELEASE

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## **Register Now for Harford County Mental Health + Safety Education Program Including Cyber Safety; Free Classes Start March 20**

**BEL AIR, Md.**, (Feb. 25, 2019) – Harford County will offer a series of free classes on mental health and safety this spring empowering citizens to prevent tragedies and help others in crisis. Registration is now open for the weekly training classes starting Wednesday, March 20 on topics including conflict resolution, suicide prevention, mental health awareness, and keeping children safe online. This is the second year that Harford County’s Mental Health + Safety Community Education Program has been offered under the administration of County Executive Barry Glassman.

“When citizens learn what to say and do before a situation becomes dangerous, they strengthen the safety net for our families and communities,” County Executive Glassman said. “We are proud to bring back this popular program, with a class added this year to help parents navigate the risks for children on the internet.”

All classes in the upcoming series will be held from 7 – 9 p.m. on Wednesdays at the McFaul Activities Center, 525 W. Macphail Road in Bel Air. Class size is limited and pre-registration is required. Participants are welcome to choose any or all of the following classes. Please note the respective age limits set by instructors based on the training and subject matter presented.

March 20 - Conflict Resolution Training - Ages 12 and up

This workshop, presented by the Harford County Office of Human Relations and Mediation, will teach participants reflective listening skills. During difficult conversations or conflicts, these skills

help participants listen and understand each other's feelings and values. Participants will also learn how to brainstorm solutions that can meet everyone's needs, creating win-win solutions.

#### March 27 - Suicide Prevention (QPR) Training - Ages 16 and up

QPR stands for question, persuade and refer, the three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Training is provided by staff from the Harford County Department of Community Services.

#### April 3 - Mental Health Awareness Training - Ages 16 and up

One in four people experience a mental health issue during the course of a year, according to data collected by the World Health Organization. In this training provided by the Harford County Department of Community Services, participants learn how to recognize the signs of mental illness and find out what they can do to help themselves or someone they know. This workshop provides accurate information about mental illness, the signs and symptoms of various disorders, and available community resources.

#### April 10 - CyberSafety: Keeping Our Children Safe – Ages 18 and up

The purpose of educating parents and guardians of tweens/teenagers about the dangers of the internet is to prevent online harassment, bullying and sexual offenses. This presentation from a Harford County Sheriff's Office school resource officer will teach parents how to talk to their children about using the internet safely. The class will also cover popular apps and websites, what "sexting" is, and how it gets teenagers in trouble, and provide information about available resources.

Registration for the Harford County trainings is available online at [www.harfordcountymd.gov/mentalhealth](http://www.harfordcountymd.gov/mentalhealth) or by calling 410-638-3569. Registration will remain open until classes are full; waiting lists will be established.

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