
BARRY GLASSMAN
HARFORD COUNTY EXECUTIVE



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FOR IMMEDIATE RELEASE

August 20, 2018

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**Registration Open for Harford County Mental Health & Safety Education Program; Free
Wednesday Evening Classes Start Sept. 12**

BEL AIR, Md., (Aug. 20, 2018) – Harford County will offer a series of free classes on mental health and safety this fall to raise awareness and empower citizens as young as 12 to peacefully resolve conflict and help others in crisis. Registration is now open for the weekly training classes starting Wednesday, September 12 on topics including conflict resolution, suicide prevention, mental health awareness, and mental health services in Harford County Public Schools.

“A helping hand can make all the difference when someone is struggling with feelings of anger, thoughts of suicide, or mental illness,” County Executive Barry Glassman said. “These trainings will empower Harford County citizens to recognize the warning signs and build bridges to mental wellness in our community.”

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 to 40 participants 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.

Sept. 12 - Growth Mindset & Mental Health Services in Harford County Public Schools - Ages 18 and up:

Presented by HCPS staff, this class will offer participants an understanding of national and local statistics pertaining to the mental health of children. Participants will also learn about the initiatives employed by HCPS to address the mental health of our students and explore “mindset and mindfulness” practices taught to students in some Harford County schools.

Sept. 19 - 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.

Sept. 26 - 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.

Oct. 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, learn how to recognize the signs of mental illness and find out what you can do to help yourself or someone you know. This workshop provides accurate information about mental illness, the signs and symptoms of various disorders, and available community resources.

Registration for the Harford County trainings are available online at www.harfordcountymd.gov/mentalhealth or by calling 410-638-3569. Registration will remain open until classes are full and waiting lists will be established.

Presented for the first time in April 2018 by the Glassman administration, Harford County's Mental Health & Safety classes were eagerly embraced by community members who quickly filled available seats. The most recent series is also presented in partnership with Harford County Public Schools.

"Educating the citizens of Harford County about mental health and how it is addressed in our schools is extremely important," said Sean Bulson, Superintendent of HCPS. "I am excited to be a part of continuing efforts throughout the county to ensure families have the necessary resources to understand the impact of mental health on our students."

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