

# Suicide Prevention Training

Learn the  
warning signs  
of suicide

**Q**uestion  
**P**ersuade  
**R**efer

Three steps anyone can learn to help prevent suicide

## QPR TRAINING DATES

Monday, Sept. 13, 2021  
1:00 - 2:30pm

Monday, Oct. 4, 2021  
1:00 - 2:30pm

Monday, Oct. 25, 2021  
1:00 - 2:30pm

## Ask a Question, Save a Life

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. This training is free for registrants and made possible by the sponsorship provided by Family Education & Support Services, CHOICE and CPAA.

As a QPR Gatekeeper, you will:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

To register for a FREE QPR training session, click the link below  
<https://fs27.formsite.com/crhn/pporrbmiel/index.html>

