



## Join the movement! Take a course in QPR.

### KEY COMPONENTS COVERED IN TRAINING:

- ⇒ How to Question, Persuade and Refer someone who may be suicidal
- ⇒ How to get help for yourself or learn more about preventing suicide
- ⇒ The common causes of suicidal behavior
- ⇒ The warning signs of suicide & how to get help for someone in crisis

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR 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.

Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, family member, or neighbor.

### Training Details:

**Date:** Wednesday, October 16, 2019

**Time:** 1:00 p.m.– 2:30 pm or 3:00 p.m.—4:40 p.m.

**Location:** Los Duranes Community Center Rm. 129, 2920 Leopaldo NW 87104; Albuquerque, NM 87111

### Register Online at:

<http://bit.ly/CABQGarekeeperQPR>

**Direct Questions to:** NMDOH BH Consultant

e-mail : [Shayna.klassen@state.nm.us](mailto:Shayna.klassen@state.nm.us)

**Provided in Training:** Supplemental Materials

**Participants:** Free Community Training

**Plan Ahead:** Food and beverages will NOT be provided



Crisis Line 1 (855) 466-7100

Warmline 1 (855) 662-7474

### Course is Free, Sponsored in Entirety by:

- ◊ City of Albuquerque—Family & Community Services
- ◊ New Mexico Department of Health—Office of School & Adolescent Health