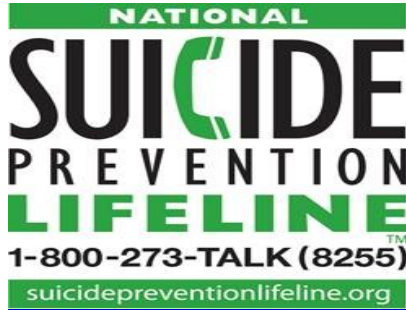




**ONE
ALBUQUE
RQUE** kid's
cabinet



**NEW MEXICO
DEPARTMENT OF
HEALTH**



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

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