Ask a Question, Save a Life

QPR Suicide Prevention Workshop
Sat. 2/10/24 @ 1-2:30 pm
Peace Dale Congregational Church
Community Lounge

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Many of us know CPR (Cardiopulmonary Resuscitation) and the Heimlich maneuver. Now, we have an opportunity to learn QPR (Question, Persuade, Refer). Robert Harrison, MD will offer guidance to learn the basis of Suicide Prevention.

> "The QPR method was developed specifically to detect and respond to anyone showing suicide warning signs … QPR is widely applied as a universal intervention for anyone experiencing emotional distress… Early intervention may well prevent the development of suicidal thoughts and feelings downstream from a current situation."

Learn how you can make a difference offering hope through positive action. You will come to recognize the warning signs, clues, and suicidal communications of people in trouble and gain skills to prevent a possible tragedy.

Ages 17 & beyond are invited. Learn QPR! YOU may save a life!