



QPR

For Suicide Prevention

May 6th 10:00 ~ 11:30

Conyers First Methodist Church ~ 921 N Main St in Conyers

Ask a Question...Save A Life

QPR stands for Question, Persuade, Refer ~ 3 simple steps that 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 become gatekeepers and learn:

- ⇒ How to Question, Persuade and Refer someone who may be thinking about suicide
- ⇒ 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 is not intended to be a form of counseling or treatment

QPR is intended to offer hope through positive action

For more information, contact jennifer.wilds@vphealth.org