



# 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](mailto:jennifer.wilds@vphealth.org)**