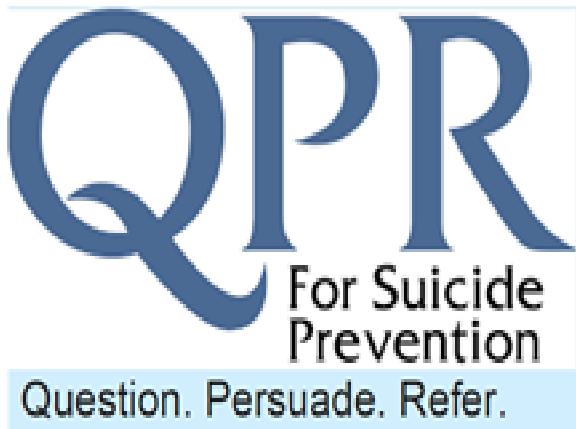


Free Suicide Prevention Training for ANYONE!



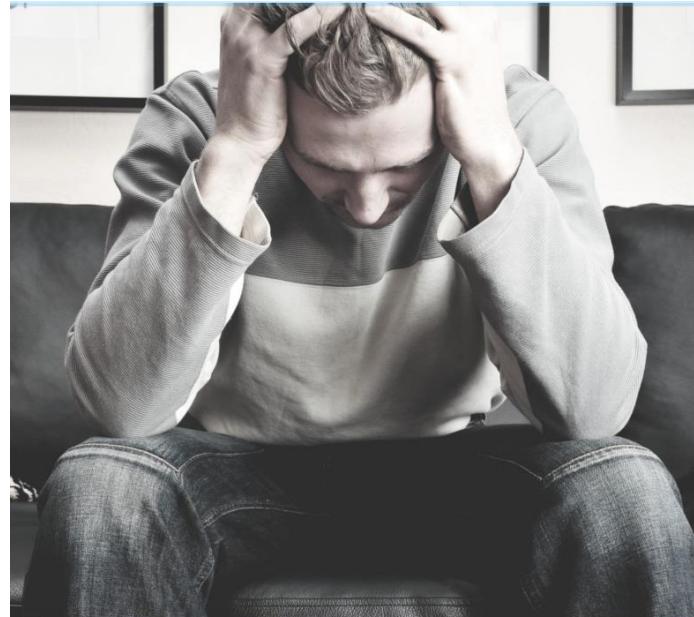
QPR stands for Question, Persuade, and Refer - - 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to save the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

DATE: Thursday, October 28, 2021

TIME: 1:00pm – 3:00pm

AS A QPR-TRAINED GATEKEEPER YOU WILL LEARN TO:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life



TO REGISTER:

<https://us02web.zoom.us/meeting/register/tZUvc-uuqDoqHdHVIFd-g6QBPj5KCqKwXz9C>

After registering, you will receive a confirmation email containing information about joining QPR Training.

YOU MUST TURN ON YOUR WEB CAMERA IN ORDER TO PARTICIPATE

