

QPR

Question, Persuade, Refer

Don't Underestimate Your
ABILITY
To Make Someone Else's Life Better - Even If You Never Know It

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 - 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, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

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

TRAINING DETAILS:

DATE: Wednesday, April 7th, 2021 OR

Monday, April 12th, 2021 PLEASE PICK ONE AS THESE
ARE TWO OFFERINGS OF THE SAME TRAINING

TIME: 12:00pm-1:00pm

LOCATION: Virtual- Please RSVP to receive the Zoom Link

Questions or to RSVP- events@centennialmhc.org or call 970-520-5603