

**Question.
Persuade.
Refer.**

Three simple steps
that anyone can
learn to help save a
life from suicide.

**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



QPR WORKSHOP

Wednesday, September 23, 5:30 pm-7:00 pm

Avon Library Community Room

This free 90-Minute training will be run by Justine Ginsberg, BSN, RN *Justine is the Community Health Coordinator and Program Director -RGH for Farmington Valley Health District.*

If you are a:

***Parent, Caregiver,
Veteran, Educator,
Teenager, or a
compassionate human,
you are welcome to
attend this workshop.***

QPR stands for Question, Persuade, and Refer. Three 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 saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

