

---

# QPR: Suicide Prevention Training

**Question. Persuade. Refer.**

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



## In QPR You Will Learn To:

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

---

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and direct that person to the proper care. Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide can be trained in QPR. The need for early recognition of suicide warning signs cannot be overemphasized.

---

**Saturday, August 29, 2020**

**10:00am-12:00pm**

**Live on Zoom.**

**FREE. Registration required.**

Facilitated by Andy Cartmill and UA290 Apprentice Peer Support Leaders.

To register contact Tori Geter, UA Local 290 Wellness Program

541-646-1493 (call or text), Email: [wellness@ua290.org](mailto:wellness@ua290.org)

