



Suicide Prevention takes a Community... and it starts with YOU



QUESTION. PERSUADE. REFER.

QPR

3 SIMPLE STEPS
ANYONE CAN LEARN
TO SAVE A LIFE



Register and learn more: spccc.eventbrite.com

QPR Gatekeeper Training

This 60 minute training is **FREE** for all of Calhoun County.

Just as CPR prepares you for stepping in to assist in a cardiac crisis, QPR will teach you the skills and knowledge to intervene to prevent suicide.

Virtual Training: 12 pm - 1 pm
3rd Thursday of each month



What you will learn in QPR:

- The warning signs of suicide
- Suicide myths and facts
- How to help someone in crisis

Sign up today, and once you've taken QPR, share your knowledge with others, help plant the seeds of **HOPE**, and when you notice warning signs that someone might be thinking of suicide, use your skills to **TAKE ACTION**.