

QPR

For Suicide Prevention

LUNCH AND LEARN

OBJECTIVE OF QPR TRAINING:

Like CPR, QPR is a simple process that anyone can be trained to use, to help prevent a suicidal act. Participants will learn how to:

- Ask Questions to assess the situation
- Persuade the person to accept help
- Refer the person to a professional for help to get them through the crisis and treat any underlying mental illness.

IMPORTANT TRAINING INFORMATION:

- All participants must be *at least 15 years or older*. (Minors will require a signed permission slip.)
- QPR is an introductory training designed for non-mental health professionals.

UPCOMING TRAINING DATES

- Wednesday November 7, 2018
12:00 PM - 1:30 PM at District 5 Service Center
- Wednesday December 5, 2018
12:00 PM - 1:30 PM at District 3 Service Center
- Wednesday January 9, 2019
12:00 PM - 1:30 PM at District 7 Service Center

For more information or to register for a this training please feel free to contact the BHS Prevention Program
QPR Contact at (520) 562-3321 x6421 or email at bbennett@grhc.org

Emergencies, always dial 911 | GRIC Crisis Line 1-800-259-3449



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QPR REGISTRATION FORM

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 Wednesday January 9, 2019 | 12:00 PM - 1:30 PM at District 7 Service Center

Name: _____

Preferred Form of Contact: Phone Call Email Text Message

Email: _____ Phone: _____