UESTION PERSUADE REFER

Three steps anyone can learn to prevent suicide

We can all save lives

providing practical and proven suicide prevention strategies for work, school, home and in your community.

Through a certified QPR trainer, you will learn to identify a person at risk and respond confidently.

Skills and topics include:

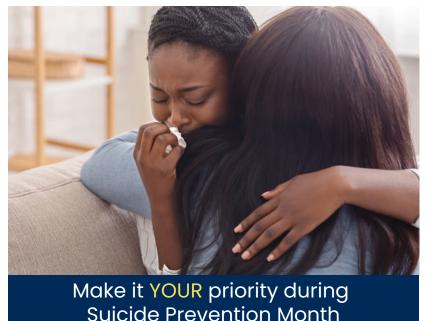
- ✓ How suicide is a public health concern
- Recognizing risk factors and warning signs of suicide
- Understanding the myths and facts of suicide
- Learning about:
 - Direct and indirect cues of someone at risk for suicide
 - Behavioral cues related to suicide
 - Situational cues related to suicide
- Question: Learn how to ask and not ask, about suicide
- Persuade: Learn how to listen to and influence a person to seek ongoing help
- Refer: Learn how to refer and support a person to resources





JOIN OUR FREE

SUICIDE PREVENTION COMMUNITY WORKSHOP



OCTOBER 10, 2024

THURSDAY, 2 PM

Henderson County Department of Public Health 1200 Spartanburg Hwy, Suite 100 Hendersonville, NC 28792

REGISTER TODAY



Or register here:

https://forms.office.com/g/Gg70pHRrK6

