

QUESTION PERSUADE REFER

Three steps anyone can learn to prevent suicide

We can all save lives

QPR is a 2 hour **evidence-based training** 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



Public Health
Prevent. Promote. Protect.

Henderson County, NC

QPR
For Suicide
Prevention

Ask a Question. Save a Life

JOIN OUR FREE

SUICIDE PREVENTION COMMUNITY WORKSHOP



Make it **YOUR** priority to help someone you care about!

DECEMBER 3, 2024

TUESDAY, 9 AM

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

REGISTER TODAY



Or register here:

<https://forms.office.com/g/K1QXXNx8zL>



Call for questions:

828-694-6038