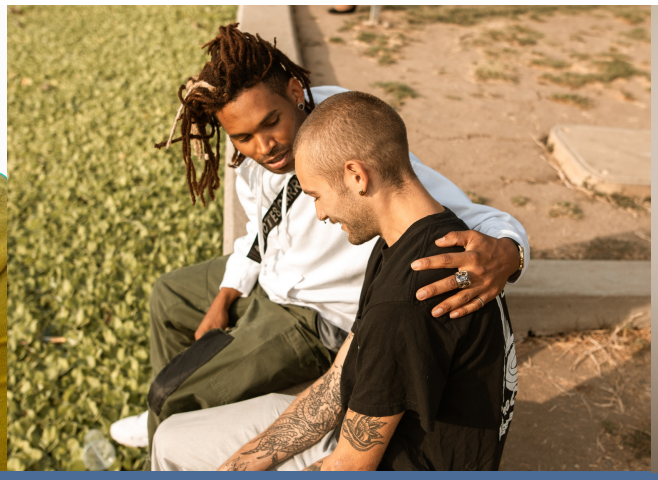
QPR
For Suicide Prevention

NAMI Clackamas
National Alliance on Mental Illness

ONLINE



QUESTION, PERSUADE & REFER

ONLINE

Tuesday June 28th

6 - 7:30PM

QPR is an educational program that teaches community members how to recognize that a person may be experiencing thoughts of suicide and offer first aid until more experienced help is available. Participants will learn about warning signs, risk factors, common myths about suicide and a three step suicide prevention first aid action plan. The training is for everyone aged 18 or over. By the end of this training, you will know how to:

- **recognize the early warning signs of suicide**
- **ask the person about thoughts of suicide**
- **persuade the person to get help**
- **refer the person to help**
- **offer hope**
- **get help and save a life**

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