

Anyone can help save a life

# QPR: Question, Persuade, Refer

Training for Suicide Prevention & Intervention

## QPR trains you on:

- Recognizing suicide warning signs
- Ways to initiate conversation
- Methods of providing help and hope

Each year, thousands of Americans like you are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

### Earn PD Credit

**Date:** Friday, April 13, 2018

**Time:** 10:00am-11:30am

**Location:** Palomar College, San Marcos Campus, Room MD-105

**Speaker:** Joyce Bruggeman

**RSVP:** Lenka Schalkle  
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***As CPR is for the heart, QPR is for the mind.***



### Who Is This Training For?

Anyone in a position to recognize that someone may be contemplating suicide: parents, friends, teachers, many others

### What will you learn?

Warning signs of suicide, what questions to ask and how to offer hope and help to someone in a suicide crisis.



### How much does the training cost?

FREE on behalf of the San Diego County Suicide Prevention Council



### How Long Does it Take?

QPR can be learned in as little as one hour

San Diego Access & Crisis Line  
(888) 724-7240  
24 hours a day, 7 days a week  
www.up2sd.org

Questions & Scheduling  
To attend or host a training contact:  
**Lora Cayanan**  
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