

Suicide Prevention Training

QPR: Question – Persuade – Refer



Moving Forward
Together



This is a FREE training and open to the whole community!

Dinner provided.

Questions?

Contact Carole Yellen at (858) 637-3395 or caroley@jfssd.org.

In honor of National Suicide Prevention Week, Jewish Family Service invites you to this FREE training.

Thursday, September 8 | 6:00–7:30pm

Leichtag Commons

441 Saxony Road, Encinitas

Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, QPR is designed to give members of the general public the basic skills necessary to recognize the warning signs of a suicide crisis and how to *Question*, *Persuade*, and *Refer* someone to help. You are not alone in helping someone in crisis. You don't need to provide support all by yourself. You can be the link to getting the person you care about the help they need. You can save a life!

As a QPR-trained Gatekeeper, you will learn to:

- Recognize warning signs of suicide
- Know how to get help and save a life
- Know how to offer hope

Who should attend? Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide: parents, friends, neighbors, teachers, clergy, doctors, nurses, office supervisors, caseworkers, firefighters, and many others.



Hosted by Jewish Family Service of San Diego with support from the Leichtag Foundation. This training is funded by the County of San Diego and offered for FREE on behalf of the San Diego County Suicide Prevention Council.

Register by September 1

Space is limited to 30 participants

www.jfssd.org/qpr