

ASK A QUESTION, SAVE A LIFE!



QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of

lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

It is the most widely taught gatekeeper training in the United States that teaches best practices in suicide prevention. QPR is included on SAMHSA's National Registry of Evidence-based Programs and Practices.

QPR gatekeeper class is a community-based suicide prevention training. It is suitable for people 16 years & older, college students, parents, professionals including healthcare workers, first responders, police officers, educators, clergy, bankers, lawyers...anyone!

FREE 90-minute class funded by a Medical Reserve Corp Grant awarded to MMS Healthy Communities Mental Health Task Force. Certificate of Attendance with Continuing Education Credits offered-meets requirements for educators.

Thursday, June 13th at 7pm
St. Paul Lutheran Church
124 Maple Street North, Lester Prairie

Class size is limited.

**To register, contact Amanda at (320) 395-2573 or
amandastreufert@embarqmail.com**

ASK A QUESTION, SAVE A LIFE!



QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of

lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

It is the most widely taught gatekeeper training in the United States that teaches best practices in suicide prevention. QPR is included on SAMHSA's National Registry of Evidence-based Programs and Practices.

QPR gatekeeper class is a community-based suicide prevention training. It is suitable for people 16 years & older, college students, parents, professionals including healthcare workers, first responders, police officers, educators, clergy, bankers, lawyers...anyone!

Classes are available to individuals, groups, businesses, and organizations (FREE in Meeker, McLeod & Sibley Counties funded by a Medical Reserve Corp Grant awarded to MMS Healthy Communities Mental Health Task Force through June 30, 2019).

Thursday, June 13th at 7pm
St. Paul Lutheran Church
124 Maple Street North, Lester Prairie

Class size is limited.

**To register, contact Amanda at (320) 395-2573 or
amandastreufert@embarqmail.com**