

# LEARN QPR, SAVE A LIFE



## QPR is to Suicide, What CPR is to Cardiac Arrest

QPR stands for Question, Persuade, and Refer. Three simple steps that anyone can learn to help save a life from suicide. Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

In 60 minutes, you will learn to:

- Recognize the warning signs of suicide.
- Learn effective ways to offer hope.
- Know how to get help and save a life.

This learning forum is appropriate for participants 16 years and older.

Two classes offered:

**Monday, Sept. 16**

**1:00 - 2:00 p.m.**

**5:30 - 6:30 p.m.**

Evergreen Room  
Cassia Regional Hospital

No registration required.