

Be a QPR Gatekeeper!

QPR stands for Question, Persuade, & Refer

3 simple steps that anyone can learn to help save a life from suicide



2 Free Training Workshops

Open to the Public

facilitated by Justine Ginsberg R.N. & Tom Steen, QPR Master Trainer

Canton Community Center

40 Dyer Avenue, Canton CT 06019

Conference Room "F"

Wednesday September 12, 2018

5:00-6:30PM

Wednesday, September 26, 2018

1:00-2:30PM

Includes Training, Certificate & Refreshments

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

QPR is a simple educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need.

It is also an action plan that can result in lives saved.

As a QPR-trained Gatekeeper you will learn to: recognize the warning signs of suicide, know how to offer hope & know how to get help and save a life.



**Workshop Space is limited to 35 each so sign up ASAP
Register by calling 860.693.5811 x3**



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