

SAVE A LIFE WITH

QPR

**FREE
SUICIDE PREVENTION
TRAINING**

QPR: Question, Persuade & Refer

An evidence-based suicide prevention training for everyone!

**Learn the WARNINGS SIGNS, HOW TO TALK TO
SOMEONE contemplating suicide, and how you can
INTERVENE to help.**

**To request a QPR training, please visit the link below:
<https://www.surveymonkey.com/r/QPRSheboygan>**

**Questions? Please contact MHA Sheboygan:
(920)458-3951 or info@mhasheboygan.org**

***Need more info on QPR training? Please visit link below:
www.qprinstitute.com/***