



Like CPR,
QPR is a simple process
that **ANYONE** (13 years
and above) can be
trained to use,
to help save the life of a
person who is in crisis.

PARTICIPANTS WILL LEARN:

- Myths & facts about suicide
- Recognize signs someone may be thinking about suicide
- How to ask Questions to assess the situation
- How to Persuade the person to stay alive long enough to get help
- How to Refer them to a professional for help to get them through the crisis and treat any underlying mental illness



**Ask A Question,
Save A Life**

Questions, Persuade, & Refer

Free 2-Hour Suicide Prevention Training

Salem Hospital

Building D, CHEC Classroom #2

Saturday, July 29, 2017

10:00 am to 12:00 noon

Limited Seating

To Register Contact:

Community Health Education Center (CHEC)

Call: 503.814.2432

Visit: www.salemhealth.org/chec



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