



# QPR

## (Question, Persuade, Refer)



### Iowa County Health and Human Services (Free)

303 W Chapel St, Dodgeville

Wednesday, **February 27** @ 2:00pm - 3:30pm

Wednesday, **March 27** @ 2:00pm - 3:30pm

Wednesday, **April 24** @ 2:00pm - 3:30pm

Wednesday, **May 22** @ 2:00pm - 3:30pm

Wednesday, **June 26** @ 2:00pm - 3:30pm

### Upland Hills Health

*Education Room (Free)*

800 Compassion Way, Dodgeville

Wednesday, **July 24** @ 8:00am - 9:30am

Wednesday, **August 28** @ 8:00am - 9:30am

Wednesday, **September 25** @ 8:00am - 9:30am

Wednesday, **October 23** @ 8:00am - 9:30am

Wednesday, **November 27** @ 8:00am - 9:30am

**Registration Required 24 hrs in advance:** [www.Suicide-IowaCountyWI.org](http://www.Suicide-IowaCountyWI.org)

## WHAT IS QPR?

Question, Persuade, Refer- 3 simple steps anyone can learn to help save a life.

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.

## KEY COMPONENTS COVERED IN TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

## WHO SHOULD ATTEND?

Anyone that has family, friends, clients or co-workers that are stressed, depressed, have anxiety, PTSD, relationship or financial problems.