

QPR

QUESTION.
PERSUADE.
REFER.

Ask a Question. Save a Life.

Three simple steps that anyone can learn to help
save life from suicide.

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. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour. ([Click here](#) for more information about QPR)

Narcan training and distribution will also be
included in this workshop.

April 2, 6:00pm-7:30pm
Simsbury High School

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

[Click here to register](#)
[by March 28](#)

If you are a parent, caregiver, veteran, educator, teenager,
or compassionate human, you are welcome to attend this
free 90 minute workshop