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...present the same **free training** at two different times and places:

## **QPR – Suicide Prevention**

***Tuesday, October 24, 4:30-6 pm***

***Monticello- Veterans Memorial Hall (220 E 1<sup>st</sup> St)***

***(Free pizza included)***

**OR**

***Thursday, October 26, 11:30 am-1 pm***

***Anamosa- Lawrence Community Center (600 E Main)***

***(Complimentary lunch included)***

**What does QPR mean? Question, Persuade, and Refer- the 3 simple steps anyone can learn to help save a 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 is a Gatekeeper course.**

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide. As a QPR-trained Gatekeeper you will learn to: Recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life.

Teenagers 16 & up may attend with a trusted adult. **Please register** by Friday, October 20, at [jhusmann@asac.us](mailto:jhusmann@asac.us) or by calling 319-462-4327 x661. Space is limited to 30 people per training.