

QPR – Question, Persuade, Refer A Suicide Prevention Training Program

Take Action: You can make a difference and possibly save a life

WHY IS THIS TRAINING IMPORTANT?

Depression is the leading risk factor in suicide. In fact, 90% of those who die by suicide suffered from a depressive illness. Unfortunately, this disease is not always diagnosed or treated.

The second major risk factor is drug or alcohol abuse, which is frequently used as a way to cope. The mix of depression and substance abuse places an individual at grave risk. Drinking and using drugs may reduce inhibitions and impair the judgment of someone thinking about suicide, making the act more likely.

HOW DOES THE TRAINING WORK?

Individuals will learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. Presented by a certified instructor, the training includes information on:

- The problem of suicide nationally and in Ohio
- Common myths and facts associated with suicide
- Warning signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- Ways of referring at risk people to local resources
- AND time for Questions and Answers

For more information about QPR, go to <http://www.qprinstitute.com/about.html>



◆ FREE TRAININGS ◆

Tuesday, September 8, 2015, 10 am-12 noon
Wilmington Municipal Building, Community Room
69 N. South Street, Wilmington, OH 45177
Register at: <http://goo.gl/forms/001nShIR2U>

Tuesday, September 15, 2015, 2-4 pm
Mental Health Recovery Services
212 Cook Road, Lebanon, OH 45036
Register at: <http://goo.gl/forms/3qrcAQ4I48>

Phone Registration for either date at: 513.695.1695
Pre-registration is required.
Space is limited to 15 per session.

***This training is appropriate for anyone:**
community members, employers, parents, students, law enforcement, social service providers, pastors, etc.*

If you are unable to attend one of these sessions, or if you are interested in scheduling a personalized training for your group, business, or organization, contact the trainer:

Barbara Adams Marin
Solutions Community Counseling & Recovery Centers
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