

# Stand Up To Suicide

## Join Us for the September QPR-a-Thon Question, Persuade, Refer Suicide Prevention Training

The ADAMHS Board of Cuyahoga County is providing FREE Question, Persuade, Refer (QPR) Training so that residents of Cuyahoga County can recognize a crisis and warning signs that someone may be contemplating suicide.

### TAKE A TRAINING. SAVE A LIFE.

Has there ever been someone in your life who completed suicide or had thoughts of suicide and you didn't know what to say or do?

90% of people in a suicidal crisis will give some kind of warning of their intention to those around them.

The Evidenced Based Practice model called Question, Persuade, Refer (QPR) teaches three simple steps that anyone can learn to help save a life from suicide.

Suicide is PREVENTABLE. Attend one of the ADAMHS Board's QPR trainings to learn how to ASK the right question and SAVE a life.

### FREE QPR TRAININGS

For National Suicide Prevention Month in September, the ADAMHS Board is taking part in a statewide QPR-a-Thon to train as many people in QPR as we can, and we need YOU to join us!

Schedule a QPR Training for your church, school, business or community group by contacting Carmen Gandarilla, Training Officer, via email to [gandarilla@adamhsc.org](mailto:gandarilla@adamhsc.org).

## QPR TRAINING - 90 MINUTES TO SAVE A LIFE

