

# Take a training. Save a life.

You can learn to recognize a crisis and the warning signs that someone may be contemplating suicide.



Question, Persuade, Refer (QPR) teaches three simple steps that anyone can learn to help save a life from suicide. The goal of QPR training is to help prevent deaths by suicide in Cuyahoga County and reduce the stigma associated with mental illness.

You will learn to:

- Recognize the warning signs of a suicidal crisis
- Offer hope
- Help save a life with community resources

**The Lakewood Area Collaborative presents a FREE QPR TRAINING on Wednesday, March 2, 2016 from 6:30 p.m. - 8:00 p.m. at Lakewood Park Women's Pavilion 14532 Lake Ave Lakewood, OH 44107**

**Registration required:** <https://qprlakewoodcollaborative2016.eventbrite.com>

**1.5 FREE CEU/RCH will be offered by the ADAMHS Board of Cuyahoga County**

The ADAMHS Board of Cuyahoga County has brought FREE QPR Training to Cuyahoga County.

The ADAMHS Board is able to offer this free training thanks to a grant from the Margaret Clark Morgan Foundation and with the support of The Academy of Medicine of Cleveland & Northern Ohio.



Questions? Contact: Katie Kurtz (216) 529-5011 or [Katherine.kurtz@lakewoodoh.net](mailto:Katherine.kurtz@lakewoodoh.net)