



QPR for Parents

QPR stands for 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, child or neighbor.

This **free training** will be given by the Wayne/Holmes Mental Health and Recovery Board and sponsored by Wayne County Family & Children First Council.

When? May 24th at 6:30 PM

Where? The Wayne County Public Library in Wooster

Please RSVP by email to ehawkins@waynefcfc.org or by phone at 330-264-2527

