Save a life. Ask a question. Train for prevention. Three steps anyone can learn.

Refer. Persuade. Question.

Resources

Warning signs of suicide

Georgia Crisis and Access Line

1-800-715-4225

Georgia Crisis Line

www.georgiacrisis.org
Did you Know...

- Over 41,000 people die by suicide each year in the United States.
- More than 1200 of those are Georgians.
- Between 15-20% of all people have seriously considered suicide at some point in their lives.
- Suicide is the second leading cause of death for our youth 15 – 24.
- Suicide is the most PREVENTABLE cause of death!
- Suicide Prevention is Everyone’s Business!

What will your group learn?

Q Question a person about suicide

P Persuade the person to get help

R Refer the person to the appropriate resources

Why does your group need QPR Training?

QPR stands for Question, Persuade and Refer – 3 simple steps that 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, family member, or neighbor. QPR can be learned in as little as an hour.

HOPE BEGINS WITH YOU!

To schedule QPR Training for your group, contact us at:

SPAN-GA
spangeorgia@aol.com
770-354-7616

- QPR is not intended to be a form of counseling or treatment!
- QPR is intended to offer hope through positive action!
- QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.

Training is free. We can come to a location that is convenient for your meeting, and we can customize the training to be as short as 1 hour up to 3 hours depending on the needs of your organization, agency or group.