

QPR

Question | Persuade | Refer

A question can save a life

Three steps anyone can learn to prevent a suicide:

Clear. Concise. Efficient.

Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught suicide prevention training in the world. You will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help to save a life

Key components covered in training:

- How to Question, Persuade, and Refer someone who may be suicidal or emotionally struggling
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

Training sessions are approximately 1 to 1.5 hours long, followed by Q&A.

IN PERSON:

HYFS is collaborating with the Hopkinton Public Library and Hopkinton Senior Center to bring in person training sessions to you! In person training sessions are approximately 1 to 1.5 hours long, followed by Q&A

Presenter: Sarah Gaer, Suicide Prevention Specialist

- Wednesday, May 11, 2022. 10:30am -12:30pm Hopkinton Center for the Arts
98 Hayden Rowe St, Hopkinton, MA 01748
- Wednesday, May 11, 2022 2pm-4pm Hopkinton Senior Center, 28 Mayhew
Street
- Wednesday, May 11, 2022 6:30pm-8:30pm Hopkinton Public Library, 13
Main Street, Large meeting room (Teens may attend if accompanied by a
parent or trusted adult)

Register here: <https://forms.gle/JEDx1Rs2phehERzdA>



VIRTUAL:

HYFS has contracted with Riverside Trauma Center to provide two virtual training sessions for you! Virtual training sessions will be 1 hour long followed by Q&A. Grab your lunch or dinner and settle in for a training session from your office or home!

Presenter: Stephanie Schweitzer Dixon, Suicide Prevention Specialist, Riverside Trauma Center

- Monday, May 16, 2022 11:30 AM (register at this link)
<https://us02web.zoom.us/meeting/register/tZYtc-igpjouHdKPAm-xpY4v1rhRdU5c1dV2>
- Monday, May 16, 2022 6:30 PM (register at this link)
https://us02web.zoom.us/meeting/register/tZwucu2sqzMoGNPbmbw79_Jnb8zy6OhxUKzZ

Monday, May 16, 2022 11:30 AM



Monday, May 16, 2022 6:30 PM

