



Presents QPR training



As part of our Mental Health Virtual Fair
on September 20, 2022 6:30- 8:30 PM MDT

**QPR stands for Question, Persuade, Refer - the 3 simple steps
anyone (ages 15 & up) can learn to 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.

As a QPR-trained Gatekeeper individuals will learn to:

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

Register at



Facilitated by Tauna Groomsmith
Certified Prevention Specialist
Fremont County Prevention Program,
Riverton, WY - <http://fremontcountyprevention.com>

