

QPR For Parents Question-Persuade-Refer

Wednesday, March 29, 2023
6:30 p.m.
Rotary Room

QPR relies on trained citizen action to save lives from suicide. QPR is a part of a 'Chain of Survival' in which trained citizens can respond to a life-threatening event such as a suicidal crisis.

QPR training prepares everyone to be a GATEKEEPER who in this one-hour training class will learn:

- The warning signs of mental/emotional distress
- The most effective questions to ask the person in distress
- The most trusted probing and listening skills
- How and where to refer to a mental health professional

QPR is a well researched method of interrupting the advance of mental distress which can lead to self-harm. Learn more about the QPR Institute at www.QPRInstitute.com. Presented by Lauren Lanham from Inspire Inc.

Please register at: <https://fplct.librarymarket.com>.

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