



The **Mental Health Association of Central Carolinas, Inc.** is now offering **QPR**, suicide prevention training, at **no charge** to groups within Cabarrus and Mecklenburg Counties.

## What is QPR?

QPR stands for **Question, Persuade and Refer**, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gate-keeper training program in the United States, and more than 300,000 adults have been trained in classroom settings in more than 40 states.

**QPR** is taught in a clear, concise format and takes approximately one hour to complete. The **MHA** currently has certified QPR trainers.

The program teaches:

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

A hard copy QPR booklet and wallet-sized, tri-folding reminder card will be given to program participants.

**Contact the Mental Health Association of Central Carolinas, Inc. to schedule a QPR program for your group by calling 704.365.3454 or emailing [mha@mhacentralcarolinas.org](mailto:mha@mhacentralcarolinas.org).**

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Member Agency

