



# QPR Suicide Prevention Training

*Learn how to respond to someone in distress*

Choose one date:

**Wed., April 2, 6 p.m.**

**Mon., April 7, 1 p.m.**

**Tues., April 15, 10 a.m.**

**Registration is required.**

**Space is limited.**

**Register at:**

**[www.newtonma.gov/newtoncares](http://www.newtonma.gov/newtoncares)**

These dates are intended for adults.

## Question, Persuade, Refer

QPR is a simple educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need.

Participants will learn how to:

- ♦ Recognize the warning signs of suicide
- ♦ Offer hope
- ♦ Get help & refer

**Newton Cares: Coalition for Suicide Prevention & Mental Health**

**[www.newtonma.gov/newtoncares](http://www.newtonma.gov/newtoncares)**

**City of Newton Health & Human Services Department**

**(617) 796-1420**