

Learn to be a gatekeeper in your community to prevent suicides
in 3 easy steps: Question, Persuade, Refer

Free Training to Prevent Suicides

Parents and high school students are invited to a night of hope and help as part of National Prevention Week. The suicide prevention training, "Q.P.R.", will be taught by Dr. Greg Hudnall. Resources for suicide prevention in Utah County will be present to offer information and answer any questions you may have. Free gun locks are also available.



As a QPR-trained Gatekeeper you will learn to:

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

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help 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

Location: Cedar Hills Club House
10640 Clubhouse Drive

Date: Wednesday, May 20th

Time: 6:00-6:30 visit resource booths
6:30-7:30 QPR training

HOPE4UTAH

UTAH COUNTY
CRISISLINE
let us be your lifeline

 **nami** | **Utah**
National Alliance on Mental Illness

 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**



**AMERICAN FOUNDATION FOR
Suicide Prevention**


Utah County
HEART of UTAH

Health Department