

Question.

Persuade.

Refer.



Three simple steps anyone can learn to help save a life from suicide.

Become a QPR-trained Gatekeeper and learn to:

- ✓ Recognize the signs someone may be at risk for suicide
- ✓ Offer hope through caring conversation
- ✓ Connect them to help and support

Why QPR matters:

Teaches actionable steps that reduce risk by getting people to help sooner.

Who should attend:

Parents, coaches, teachers, volunteers, community helpers, neighbors, friends

ABOUT:



THURSDAY, SEPTEMBER 25

Your Choice: 1:00 or 5:00 p.m.

Class is 90 minutes.



**ADAMS COUNTY
COMMUNITY CENTER**

569 N. Cedar Street, Adams

TO REGISTER:



VISIT go.wisc.edu/m3wc83
or **CALL** 608-339-4237

SCAN ME



COST:
FREE



Extension
UNIVERSITY OF WISCONSIN-MADISON
ADAMS COUNTY



QUESTIONS:

For questions or assistance,
contact Sheila at
608-339-4237