



## Have you been impacted by suicide?

**Training is available to any person or organization interested in helping prevent suicide and reducing its impact in their community.**

QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons created by Paul Quinnett, and first described in 1995 in a number of presentations and publications by the QPR Institute.

In a suicide crisis, the difference between recognizing and acting where there are vague ideas of suicide before these lead to a self-inflicted injury, can mean the difference between life and death.

Become a part of the solution in suicide prevention

**Sponsored by:**

Columbia Community Mental Health

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(503) 438-2200

National Suicide Prevention Lifeline (800) 273-8255 Oregon Lines for Life (877) 968-8491 CCMH After Hours (866) 866-1426



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