



Columbia Pacific CCO

COMMUNITY EDUCATION

SPONSORED BY COLUMBIA PACIFIC CCO COMMUNITY ADVISORY COUNCIL  
AND THE PUBLIC HEALTH FOUNDATION OF COLUMBIA COUNTY

## QPR Training for Suicide Prevention: A Workshop for Community Members

QPR (Question, Persuade, and Refer) training for Suicide Prevention is a 2-hour educational program designed to teach individuals the warning signs of suicide crisis and how to respond. The three-step training is delivered by a certified instructor. QPR follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources.

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

### COMPONENTS COVERED IN TRAINING:

- **Recognize the warning signs of suicide**
- **Know how to offer hope**
- **Know how to get help and save a life**

Please join us June 27, 2018 at 6:00pm. Refreshments will be provided.

If you have specific questions, contact Karen Knudson 503-416-5968 [knudsonk@careoregon.org](mailto:knudsonk@careoregon.org)

**Please join us: June 27, 2018 at 6:00pm**

**Community Action Team 125 N 17th, St. Helens, OR 97051**

**Training is Free. Refreshments will be provided.**

**Please Register:** <https://columbiacountyqprtraining.eventbrite.com>