



M · H · A · R · S

MENTAL HEALTH, ADDICTION AND RECOVERY SERVICES
BOARD OF LORAIN COUNTY



FREE LEARNING OPPORTUNITY

Worried about someone?

Or just want to be more confident in a tough conversation?

Take QPR!

Request a FREE 90-minute “Question Persuade Refer” (QPR) training for your Lorain County business, school, church, civic group, or organization.

WHAT IS QPR?

Question Persuade Refer (QPR) is a 90-minute suicide prevention training that provides straight-forward, simple guidance on how to notice mental health warning signs, talk to a person in distress with ease and confidence, and connect them to the right help.

A highly researched and proven approach, QPR was developed by Paul Quinnett, Ph.D., of Spokane, Washington. The work of the QPR Institute prepares individuals to act in a bold and positive manner to prevent a suicide and save a life.

Ask a question, save a life!



Find a FREE class at mhars.eventbrite.com

Or request your own FREE class for between 8-40 people by contacting 440-787-2071 or outreach@lcbmh.org