

# Ask a Question, Save a Life

## Question, Persuade and Refer (QPR) Suicide Prevention Gatekeeper Training Opportunity

**Manchester Community College and CHR** encourage you to learn how to recognize and respond to someone who is at risk of suicide and get them to the help they need.

Four QPR training classes will be held at Manchester Community College this fall. Please choose from one of the following dates:

Day	Date	Time	Location
Wednesday	9/25/19	2-3:30pm	AST D205
Thursday	10/24/19	12:30-2pm	TBA
Tuesday	11/19/19	3:30-5pm	TBA
Monday	12/2/19	3:30-5pm	TBA

AST and SSC Lowe are the name of the buildings on campus  
Manchester Community College is on 60 Bidwell Street in Manchester



Please RSVP to: **Simone Powell**  
(860) 730-8714 or [SPowell@CHRHEALTH.ORG](mailto:SPowell@CHRHEALTH.ORG)

**QPR stands for Question, Persuade, and Refer** – three 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 someone to help.

*\*\*NBCC-Approved Continuing Education Provider (ACEP) offers 1.5 approved clock hours for QPR*

