



Ask a Question, Save a Life

You're invited to Q.P.R. Gatekeeper Training!

QPR stands for **Question, Persuade, Refer**:
3 simple steps that **anyone** can learn to help save a life from suicide.

Gatekeeper Training prepares attendees to:

- Recognize the warning signs of suicide
- Ask someone about suicidal thoughts
 - Offer and connect to help

The *Upper Perkiomen Valley Library* is hosting a
FREE QPR training for the Community:

November 6, 2019 | 6:30– 8:00 pm

Upper Perkiomen Valley Library

350 Main St.

Red Hill, PA 18076

— All are welcome! Open to the community! —

To RSVP, please visit: <https://upperperkqpr.eventbrite.com>

If you have any questions, please contact Joyce Weiss at
JWeiss@mclinc.org or Erin Hewitt at EHewitt@montcopa.org

This training is in partnership with the **Upper Perkiomen Valley Library** and the **Montgomery County Suicide Prevention Taskforce**. For more information about local suicide prevention efforts, contact Erin Hewitt at ehewitt@montcopa.org or visit www.montcopa.org/suicidepreventiontaskforce.