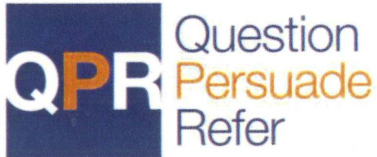


QPR

Suicide Prevention Training



3 steps anyone can take to save a life

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.

QPR is a nationally certified, evidence-based program taught by certified trainers. Those completing the course will receive a certificate. The course focuses on training individuals to be “Gatekeepers” – someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters and many others.

This customizable 2- to 3-hour course is available to individuals and community groups at no charge as part of Philhaven’s commitment to improving the mental health and resilience of our community.

Contact

Jayne L. Miller, Mental Health Care Educator
jmiller80@wellspan.org
(717) 273-8871 ext. 2248

WELLSPAN PHILHAVEN
283 S. Butler Road
P.O. Box 550
Mt. Gretna, PA 17064
(800) 932-0359

www.WellSpanPhilhaven.org



QPR Training 2018

January 24 6:00-9:00pm	July 25 6:00-9:00pm
March 15 6:00-9:00pm	August 9 6:00-9:00pm
April 28 9:00am-12:00pm	September 8 9:00am-12:00pm
May 22 6:00-9:00pm	October 25 6:00-9:00pm
June 9 9:00am-12:00pm	November 17 9:00am-12:00pm

Updated calendar and registration:
WellSpanPhilhaven.org/QPR

WellSpan Philhaven’s Grace M. Pollock
Training & Community Center
283 South Butler Road
Mt. Gretna, PA 17064

