

**What can you learn in 100 minutes?
Enough to save a person's life**

**Question
Persuade
Refer (QPR)**

**Free suicide prevention workshop
offered to the Lexington Community**



QPR is an evidenced-based suicide prevention program based upon the following concepts:

- The person most in need of help in a suicidal crisis is the least likely to ask for it
- The person most likely to prevent a person dying by suicide is someone they know
- Prior to making a suicide attempt, a person typically sends warning signs of distress and suicidal intent to those near them



Jon Mattleman is a certified QPR trainer. Highlights include investigating myths surrounding suicide, exploring the signs of

suicide, and learning how to help a person in distress.

Sponsored by the Town of Lexington Mental Health & Wellness Task Force and funded by a grant from CHNA 15

**Thursday November 15, 2018
9:30 – 11:30 AM
Lexington Community Center
Room 237**

**(Adults only) RSVP required
(Seating limited to 30):
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