



SUICIDE PREVENTION

Do You Want to Help

Family/Friends/Colleagues

Who may be thinking about Suicide?



FREE Training by ECCAC

- 18 or older
- Must live or work in Santa Clara County



Like CPR, QPR is an emergency response to someone in crisis.

To learn more contact:

Brian Cheung

Brian.Cheung@hhs.sccgov.org

1-408-792-3922

Chiao-Wen Chen

Cwchen2001@gmail.com

You will learn how to:

Question (ask the right question to help)

Persuade (help them to get help)

Refers (knowledge of resources to help)

QPR training will take only 90 minutes of your time. You will be able to take an on-line refresher course good for a full 3 years.

Your QPR training may save a life. *Make the choice today!*

Training brought to you by YOUR Mental Health Services Act (MHSA) Dollars!!!



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