

Esperanza Self-Help center will host a  
QPR (Question, Persuade, Refer)  
SUICIDE PREVENTION TRAINING  
Wednesday, May 1, 2019  
12:00 - 1:30 pm

ASK A QUESTION, SAVE A LIFE

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

Become a gatekeeper for your  
family and friends.

What you will learn:

- Myths & Facts: Review common beliefs and what we now know about suicide
- Warning Signs: Identify the full-range of warning signs, and where you can turn when professional help is needed



Question (ask the right  
question to help)

Persuade (help them to get  
help)

Refer (knowledge of resources  
to help)

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MAY IS 2  
MENTAL 0  
HEALTH 1  
MONTH 9  
#4MIND4BODY



SANTA CLARA COUNTY  
Behavioral Health Services

Supporting Wellness and Recovery