

QPR Training:

*With a focus on youth

Skills for dealing with anxiety, depression and suicidal behavior in youth

Brief discussion before the training on how to recognize signs of depression and anxiety in youth. Each participant will leave with skills in how to address these challenges.



Who should be trained??

Those who want to learn how to recognize signs of anxiety, depression and or suicidal ideation in youth.

Date: April 23, 2015

Time: 5:30pm-7:30pm

Location: Timbers Building,

700 W. Virginia St, level B,

Milwaukee

* Timbers building is next door to MHA's office building

Please RSVP to Adrienne O'Neil: adrienne@mhawisconsin.org

What is QPR??

QPR is Suicide Prevention Training

QPR stands for Question, Persuade

and Refer

3-steps anyone can learn to help prevent suicide.

Attend a 1½ hour training to: earn QPR intervention skills learn the warning signs and intervention tools

Just like CPR, QPR is an emergency response to someone in crisis and can save lives