



## CHRISTOPHER BENZ FOUNDATION

CONNECTING COMMUNITIES FOR SUICIDE PREVENTION

QPR is a suicide prevention training program that stands for '**Question, Persuade and Refer**'. You will learn three simple steps that can help save a life of a family, friend or community member from suicide.

People considering suicide often feel isolated and alone and may feel that no one can help them or understand their pain.

Recognizing the warning signs of suicide and learning the skills to help save a life is something that everyone can learn. Just as people trained in CPR 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.

*Do you have 60 minutes to save a life?*  
**QPR is the CPR of mental health**

**QPR Training** includes:

- Myths and facts about Suicide
- Warning signs of suicide
- How to apply QPR
- How to offer hope and support

**The Christopher Benz Foundation** aims to connect communities in the prevention of suicide and is devoted to providing education and resources to Minnesota communities to raise awareness and help save lives.

[www.christopherbenzfoundation.org](http://www.christopherbenzfoundation.org)



## **FREE** Community QPR Training: Suicide Prevention (7th grade & up)

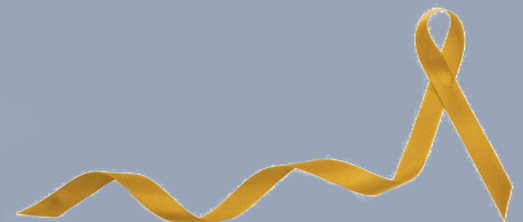


Chris Benz  
1989 - 2007

ASK a question, SAVE a life!

Help prevent suicide and save lives in your community.

### **Schedule a QPR Training Today & Make a Difference!**



Call or email one of our certified QPR  
trainers:

**Metro & Southern MN**

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**Northern Minnesota**

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