



NAMI UTAH INVITES YOU TO ATTEND
QPR Training: Question. Persuade. Refer.

3 simple steps anyone can learn to help prevent suicide.

Just as people trained in CPR can save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and help save a life.

3rd Thursday of the month

12:00 pm to 1:30 pm online

Register at: www.namiut.2.vu/qpr

For more information contact Victoria at (385) 246-5931
or Christene at Christene@namiut.org.

