

QPR Suicide Prevention Training

Free for Essex County Workplaces, Communities & Schools



The 3 steps anyone can learn to help prevent suicide.

- **Free** online for individuals serving Essex County residents and community members.
- 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 **learn how to question, persuade, and refer someone to help.**
- **For instructions to access this 1 hour self-paced QPR certification course:** use this QR code or visit BRIEF's training page at www.essexcountyny.gov/BRIEF/training/
 - Use organization code ECMH



**Are you, or someone you know, struggling right now?
Call 988 for help right away.**



Building Resilience in Essex Families
For more information about training, please
contact Terri Morse at
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In partnership with the
Essex County Suicide Prevention Coalition

