

# let's go all in!

## **BE A HERO FOR MENTAL HEALTH**

### Join Us in Making a Difference Learn Skills to Prevent Suicide and Provide Support in 3 Steps

#### QUESTION, PERSUADE, REFER FOR SUICIDE PREVENTION

Learn warning signs of suicide, how to ask about suicidal thoughts & offer and connect to local resources for help

QPR Offered Monthly- virtual and open to all!

- Evidence-based suicide prevention for all community members
- All-populations & youth-focus QPR options
- 1 hour with opportunity to practice skills

SCAN QR CODE TO VIEW  
UPCOMING TRAININGS  
AND REGISTER.



**1 IN 5**

live with a mental health  
condition

Suicide is the

**3<sup>RD</sup>**

leading cause of death for teens

Interested in offering QPR trainings to your groups? Population specific options available.

Contact Us: [CPRRKENT@louisville.edu](mailto:CPRRKENT@louisville.edu)

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