



What is QPR Training?

QPR stands for **Question**, **Persuade**, and **Refer**—three simple steps that anyone can learn to help save a life from suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. This evidence-based training prepares you to perform QPR with confidence and ease.

TUESDAY
APRIL 15, 2025
6:00PM - 7:30PM

LCMR HIGH SCHOOL
MEDIA CENTER
687 ROUTE 9
CAPE MAY, NJ 08204

As a QPR-trained Gatekeeper, you will learn to:

- Recognize the warning signs of suicide
- Offer hope effectively
- Discover community resources
- Help save lives

Who should take QPR training?

Everyone! Suitable for all, regardless of mental health experience.



For more information or to register for the next available QPR Training, visit www.capeassist.org/qpr or email qpr@capeassist.org.