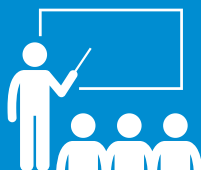


“ASK A QUESTION, SAVE A LIFE”

-QPR Institute

Horizon is excited to share that we offer FREE suicide prevention training to our community!



Question, Persuade, Refer (QPR) is a nationally recognized suicide prevention certification program that provides education on how to recognize and respond to the signs of suicidal thinking or behavior.



Suicide is one of the leading causes of death in the United States.



The QPR Training is beneficial for anyone in a position to help someone at risk.



Learn life-saving information and skills in just **1 hour!**

Meet the Trainers:



**COURTNEY
DALGLEISH**



**JENNA
GARDNER**



**KENNEDY
LEWANDOWSKI**



**LINDSAY
STUART**

Please contact Courtney Dalglish at cdalglish@horizon-health.org with any questions or inquiries.