

QPR Suicide Prevention Training

NAMI Urban LA offers 2-hour **QPR Suicide Prevention Certification** trainings held in person, or online via Zoom.

KEY COMPONENTS COVERED IN TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis
- Know how to offer hope

All learners receive an enriched program review after completing the training. Recap and review emails are sent out periodically to help the learner keep the QPR training fresh in mind.



**Ask A Question,
Save A Life**

**For questions, email
Norit Admasu at
nadmasu@namiurbanla.org
or call
(323) 294-7814 Ext. 113.**