



# Ask a Question, Save a Life

*You're invited to Q.P.R. Gatekeeper Training!*

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QPR stands for **Question, Persuade, Refer:**

3 simple steps that **anyone** can learn to help save a life from suicide.

*Gatekeeper Training* prepares attendees to:

- Recognize the warning signs of suicide
- Ask someone about suicidal thoughts
- Offer and connect to help

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Or Hadash is hosting a **FREE QPR**  
Suicide Prevention training for adults:

**January 24th, 2020 | 10:30 – 12:00 pm**

*This training will be held virtually. Zoom information will be sent to all attendees prior to training.*

To register, please visit:

<https://or-hadash-adult-qpr-training.eventbrite.com>

To ask any questions please contact Dr. Dan Schwarz at  
215-646-3695 or [drdanpsychologist@gmail.com](mailto:drdanpsychologist@gmail.com)

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This training is hosted in partnership with the **Montgomery County Suicide Prevention Taskforce, Access Services, and Or Hadash**. For more information about local suicide prevention efforts contact Erin Lewis [elewis@montcopa.org](mailto:elewis@montcopa.org) or visit [www.montcopa.org/suicidepreventiontaskforce](http://www.montcopa.org/suicidepreventiontaskforce).