

## Tools for supporting individuals who are at risk of suicide

## **2019 District Office Training Options**

Jordan Health and Wellness will offer QPR Training for District Office Employees on the following dates. All District Office employees are invited to attend this training as their schedules allow.

**District Office Training Room - 129** 

December 16<sup>th</sup> 1pm-2pm December 16<sup>th</sup> 2:30pm-3:30pm December 18<sup>th</sup> 8am-9am December 18<sup>th</sup> 9:30am-10:30am

## **2019 Auxiliary Services Building Training Options**

Jordan Health and Wellness will offer QPR Training for District Office Employees on the following dates. All District Office employees are invited to attend this training as their schedules allow.

ASB Presentation Room (C100) near Entrance C

December 17<sup>th</sup> 1pm-2pm December 17<sup>th</sup> 2:30pm-3:30pm December 18<sup>th</sup> 8am-9am December 18<sup>th</sup> 9:30am-10:30am

QPR is a one-hour training designed to give individuals the tools they need to recognize warning signs of suicide as well as questioning, persuading and referring individuals in crisis. QPR is a brief mental health crisis intervention training for any adult; no prior training or mental health expertise is required. **All attendees will receive a QPR certificate and QPR booklet.** 

