



We had a great turn-out for the QPR (Question, Persuade, Refer) suicide prevention training presented by Hegira Health, Inc. To learn more about QPR, please visit: <https://qprinstitute.com/about-qpr>

**Suicide is a serious public health crisis in the U.S.**



**Resources for Suicide Prevention:**

**Call or Text:**

- **National Suicide Prevention Lifeline: 1-800-273-TALK (8255);** The Lifeline is free, confidential, and always available
- **Crisis Text Line:** Text HOME to 741741

**Free Phone Apps:**

- A Friend Asks – The Jason Foundation
- Relief Link – Emory University

**Websites:**

- [www.afsp.org](http://www.afsp.org) (American Foundation for Suicide Prevention)
- <http://www.jasonfoundation.com>
- <http://www.kevinssong.org>