



# QPR

## *Question. Persuade. Refer.*

Learn How to Help Save the Life of a...

Child ● Student ● Friend ● Co-worker ● Family Member

If someone you know was considering suicide, would you recognize the warning signs and know how to help? Colorado is consistently ranked as one of the top ten states for suicide rates. Learn what you can do to help when someone is in suicide crisis, and gain the confidence to take action and save a life.

Save a life from suicide by learning these three simple steps:

- **Question** a person about suicide
- **Persuade** someone to get help
- **Refer** someone to the appropriate resource

QUESTIONS? Contact Heather Pelser at [heatherp@health.solutions](mailto:heatherp@health.solutions)