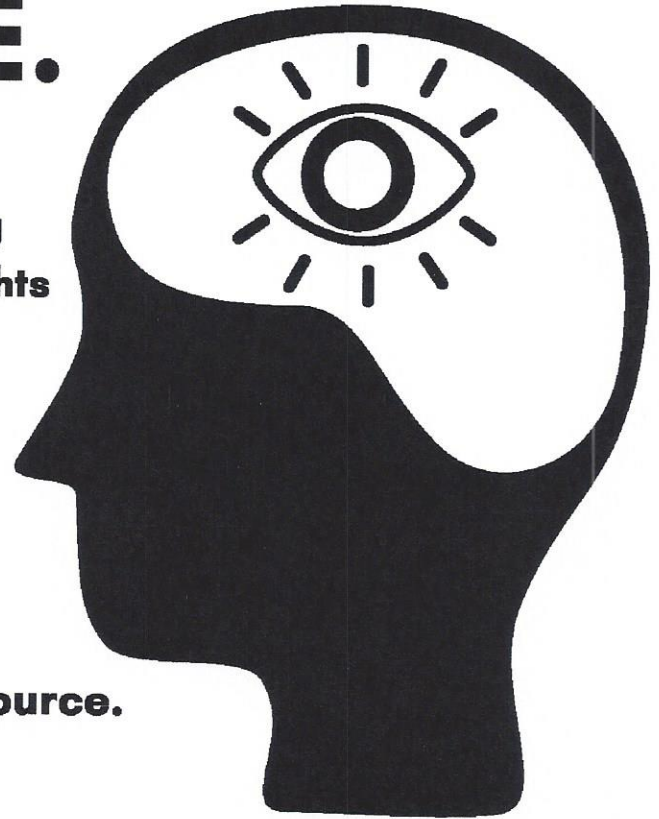


# ASK A QUESTION, SAVE A LIFE.

If you or someone you know has been feeling alone, depressed, hopeless, or having thoughts of suicide, learning QPR could save your life.

**QUESTION. PERSUADE. REFER.**

**QUESTION...a person about suicide**  
**PERSUADE...someone to get help and,**  
**REFER...someone to the appropriate resource.**



## QPR Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

For more information about QPR training please contact Zakoya Spikes at: 980-484-5205 or stop by the Cleveland County Health Department. 200 South Post Rd. Shelby, NC 28152