

# QPR

(Question, Persuade, and Refer)

She says she is a burden and we would be better off without her—that worries me!.

She talks about wanting to die all the time—I don't know what to say!

It's hard to have the conversation.

Let us help you learn how to ask

Did you see that posting on Facebook? He doesn't seem ok.

He just seems so down and like he doesn't care about anything. What should I do?

Call (618) 296-4359 for more information on the next one hour training in our area or to schedule a training.

QPR is community training about suicide prevention for anyone who wants to know how to help.

**Ask a Question. Save a life.**

Brought to you by the  
The Madison County Mental Health Board