

Did you know...

- Every 17 minutes, at least 6 Americans lose a loved one to suicide
- 66% of those individuals who died by suicide showed warning signs to family and friends
- Oregon's suicide rate is 35% higher than the national average.
- Suicide is the second leading cause of death among Oregon youth aged 10-24.

You have the opportunity to make a difference—you have the chance to help save a life.

QPR for Suicide Prevention

Question, Persuade, Refer

Winter, 2012 Trainings

EUGENE

Thursday, January 12, 3:00 – 5:00 pm

Lane Education Service District - 1200 Highway 99 North

Tuesday, January 31, 3:00 – 5:00 pm

Lane Council of Governments, Park Place Building, 5th Floor, 859 Willamette St.

Friday, February 10, 10:00 am – 12:00 noon

Lane Education Service District - 1200 Highway 99 North

COTTAGE GROVE

Friday, January 20, 12:00 – 2:00 pm

Cottage Grove Community Center, 700 E. Gibbs Ave.

*Note change
in Eugene
locations*

During this 2-hour training you will learn more about:

- Common myths and facts associated with suicide
- Warning signs & risk factors of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- Ways of referring at-risk people to local resources

This training is intended for a variety of audiences including:

- Parents & general public
- Human Resource staff
- Primary care & social service providers and staff
- School staff
- Faith communities
- Law enforcement

There is no charge to attend, but space is limited. Please register early!

To register, go to: <http://preventionlane.eventbrite.com>

For more information, contact Sandy Moses at sandy.moses@co.lane.or.us or (541) 682-3650.