

**What can you learn in 100 minutes?  
Enough to save a person's life!**

**Question, Persuade,  
Refer (QPR)**

**Free suicide prevention workshop  
offered to the Bedford Community**



QPR is an evidenced-based suicide prevention program based upon the following concepts:

- The person most in need of help in a suicidal crisis is the least likely to ask for it
- The person most likely to prevent a person dying by suicide is someone they know
- Prior to making a suicide attempt, a person typically sends warning signs of distress and suicidal intent to those near them



Jon Mattleman is a certified QPR trainer. The evening will include investigating myths surrounding suicide, exploring the signs of suicide, and learning how to help a person in distress.

**Tuesday November 27, 2018  
6:30 – 8:30 PM  
Bedford Free Public Library  
7 Mudge Way, Bedford, MA**

**Adults only please  
(Seating is limited to 50)  
RSVP required to the  
Board of Health:  
781-275-6507 or  
boh@bedfordma.gov**

**Sponsored by the Bedford Board of Health  
& Bedford Youth and Family Services**