

## **Hingham Health Department:**

Trainings by the Plymouth County  
Suicide Prevention Coalition at the  
Hingham Public Library



In Crisis?  
Call: Dial 988  
Online: [988lifeline.org](https://988lifeline.org)



## **QPR – Question Persuade Refer**

**May 2, 2024, 6:00-7:30 PM, Hingham Public Library, Whiton Room**

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

For more information: <https://www.qprinstitute.com/about-qpr>

## **Talk Saves Lives**

**June 6, 2024, 6:00-7:30 PM, Hingham Public Library, Whiton Room**

Talk Saves Lives is the American Foundation for Suicide Prevention (AFSP) standardized, 45–60-minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

For more information: <https://afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention/>

**For more information, contact the Hingham Health Department at (781) 741-1466 or email: [healthdirector@hingham-ma.gov](mailto:healthdirector@hingham-ma.gov)**