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MHRB Offers QPR Training Free to Public on May 20

One-hour suicide prevention training available to adults in Greene County

SPRINGFIELD, OH (May 12, 2021) – May 20, Mental Health Recovery Board of Clark, Greene & Madison Counties (MHRB) is offering Question-Persuade-Refer (QPR) suicide prevention virtual training to adults in Greene County. While suicide remains a complex, tragic outcome in our community, promoting connection and support to people at risk for suicide is a powerful life-saving intervention.

QPR is a nationally recognized, evidence-based suicide prevention program that teaches three simple steps that anyone can use to save a life. The hour-long training is free of charge and will be held online. Participants receive local helping resources and are awarded a certificate upon completion.

“Having practical suicide prevention skills is as essential as knowing the Heimlich maneuver or CPR. We highly encourage everyone in the community to learn how to recognize the warning signs and interrupt the silence surrounding suicide,” said Dr. Greta Mayer, CEO of MHRB. “You never know when someone might be in crisis and knowing how to respond can help save a life.”

QPR training will be held Thursday, May 20 from 9 a.m. to 11 a.m. Registration can be found online at <https://www.eventbrite.com/e/greene-county-qpr-training-tickets-150799911595>. Other events and alternative training dates can be requested at www.mhrb.org/events-training.

If you or someone you know is in crisis, call the Suicide Prevention Lifeline at 1-800-273-8255 (TALK) or text “4hope” to 741-741. For non-crisis situations, anyone can call the Clark Greene Madison Warmline for peer support from individuals in recovery from mental health and substance use conditions at 937-662-9080.

For more information about mental health and substance use resources in Clark, Greene and Madison counties, please visit the MHRB website at www.mhrb.org.

ABOUT MHRB

Mental Health Recovery Board of Clark, Greene & Madison Counties (MHRB) assists partners, stakeholders, residents, and anyone at risk of mental health or substance use concerns in our three-county area, providing pathways to mental health and addiction services. In collaboration with more than 20 care providers, the board advocates for the mental health needs and facilitates delivery of quality care for all ages, regardless of income or ability to pay.

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