

Sherwood Public Library  
22560 SW Pine St  
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[www.sherwoodoregon.gov/library](http://www.sherwoodoregon.gov/library)



# News Release

April 29, 2016

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## Registration is Open for Suicide Prevention Workshop

Suicide has touched most of us in some way. Have you ever wondered what to say when someone talks about “ending it all”? Maybe a loved one is severely depressed and you are looking for resources, or you work with people in need of services? This May, learn how to help at Question, Persuade, Refer (QPR) Suicide Prevention Workshop, presented by Washington County Department of Health and Human Services.

Ask a question, save a life.

Thursday, May 19, 5:30-7:30 p.m.

Question, Persuade, Respond:  
Suicide Prevention Workshop



QPR is an educational program that teaches community members how to recognize a mental health emergency and how to get a person at suicide risk the help they need. Participants will learn how to recognize the early warning signs of suicide, question the person about suicide, persuade the person to get help, refer the person to help, offer hope, get help and save a life in this two-hour workshop held Thursday, May 19, 5:30-7:30 p.m. A light dinner, coffee, and lemonade will be provided by Sherwood Rotary.

This workshop is presented by Kathy Turner, a certified QPR trainer. Meghan Crane, the Suicide Prevention Coordinator for Washington County Public Health will provide an overview of suicide prevention efforts in Washington County.

Registration is required. Sign up at [gettrainedtohelp.com](http://gettrainedtohelp.com) or contact the Library. Must be at least 18 years old to participate. This program is hosted by Sherwood Public Library and held at the Sherwood Center for the Arts, 22689 SW Pine Street, Sherwood, OR.

This program is held in conjunction with Mental Health Awareness Month. Find additional resources on mental health topics at Sherwood Public Library and at [wccls.org/research](http://wccls.org/research).

Note: Library programs are free to attend and open to the public. Follow us on Facebook, Twitter and Instagram, email [askusSPL@wccls.org](mailto:askusSPL@wccls.org), or call 503-625-6688. Sherwood Public Library is a Washington County Cooperative Library Services member library located at 22560 SW Pine St., Sherwood, OR.

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