

Across our nation:

64.1% of youth with major depression do not receive any mental health treatment.

1 in 5 teens and young adults lives with a mental health condition.

5.13% of youth report having a substance use or alcohol problem.

Why should we think it's any different in our own community?



QPR (Question. Persuade. Refer.) Suicide Prevention Training

A community education opportunity for adults helping to support the Westerville City School District's "Hope Squad" suicide prevention initiative.



We are all capable of offering the hope and connection that helps save lives.

Most individuals want to help save lives, but avoid talking about suicide because they are unsure of how to identify someone at risk or they are concerned about saying the wrong things or making a situation worse.

WCS is proud to host **90 minute training sessions**, in partnership with the Westerville Education Challenge, throughout the upcoming school year. These sessions will help individuals recognize people in crisis, how to intervene with an individual at-risk, persuade them to get help and guide them to the appropriate resources

This training is open to everyone over the age of 18. No prerequisite required. Upon being trained in the QPR technique, adult participants will learn:

- How to question, persuade and refer someone who may be suicidal;
- How to get help for yourself or learn more about preventing suicide;
- The common causes of suicidal behavior;
- The warning signs of suicide; and
- How to get help for someone in crisis.

Training Sessions (Virtual): Every 3rd Tuesday of the month from 6-7:30 p.m.

Small businesses and organizations have a Lunch & Learn (in person) opportunity for QPR training. For more information about this initiative or to register for the virtual training sessions, sign up at <http://tiny.cc/wcmheo>

Thank you to the Westerville Education Challenge (WEC) organization for making this opportunity available to our community, as well as their ongoing support of student wellness and mental health programs in our schools.

www.westervilleeducationchallenge.org

www.wcsoh.org

