

Q P

Learn How to Help Save the Life of a

Child • Student • Friend
Co-worker • Family Member

R

Question.
Persuade.
Refer.

If someone you know was considering suicide, would you recognize the warning signs and know how to help? Colorado is consistently ranked as one of the of top ten states for suicide rates. Learn what you can do to help when someone is in suicide crisis, and gain the confidence to take action and save a life.

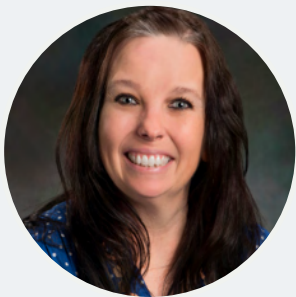
Save a life from suicide by learning these three simple steps:

1. **Question** a person about suicide
2. **Persuade** someone to get help
3. **Refer** someone to the appropriate resource

JUN 24

11:30AM-1:30PM

Complimentary Webinar



Speaker:
Heather Pelsler

Heather Pelsler is the Youth Suicide Prevention Coordinator for El Paso County and the Colorado National Collaborative Coordinator for Pueblo County. Heather worked for 10 years in the El Paso County child welfare system where she lost a teenage client to suicide. She recently earned her Master of Social Work degree in which she completed a year long internship at Pikes Peak Suicide Prevention. Heather was hired as the Youth Suicide Prevention Coordinator in June 2018. She is involved in several state and local suicide prevention initiatives and has provided QPR Training to over 600 professionals and community members throughout El Paso and Pueblo Counties. She is a single parent to two teenagers, one of which lost his best friend to suicide and lives with chronic suicidal ideation.

Register

summitbhc.com/events

Questions?

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CE credit will not be offered however a Certificate of Attendance will be provided upon request.