

Looking for a *Valentine's Day* gift for your 1st Responder?

You **love** your first responder, and we do too!
Let's show them our **love** by becoming certified in QPR for **FREE!**

Make it a Valentine's Day Date Night!
FOUR lucky attendees will be given a gift certificate to
Balance Rock Eatery & Pub!!!

February 12th
6:00 PM



Carbon High School
Auditorium

QPR teaches the warning signs of depression and how to recognize suicidal ideation in your first responder and others.

You will learn how to **Question** their suicidal intent, **Persuade** them to live and to seek help, and when to **Refer** them to resources.

It's like CPR, but for mental health.



For more information, please contact Amanda McIntosh at amcintosh@utah.gov or 435-636-1153
This event will abide by current COVID-19 precautions as laid out by the state of Utah and SEUHD.
Masks will be required for entry and physical distancing encouraged.

