

## A Bite of The Casserole #20

9/3/22

### FROM HICKMAN TO RAYMOND AND ALL OVER LINCOLN

### 16 FAITH PARTNERS' CHURCHES ARE AT WORK



#### Asking a Question: Saving a Life

Sixteen Faith Partners' churches from Hickman to Raymond and all over Lincoln are hosting free, 90-minute QPR training events. These 16 churches come from 11 different denominations. Two additional trainings will be on Zoom.

#### What's QPR?

QPR stands for Question, Persuade and Refer—three simple steps anyone can learn to help save a life from suicide. QPR trains ordinary people to recognize the warning signs of a suicide crisis and then to question, persuade and refer that person for help. Ordinary people have used these tools to save 100's of lives.

These free 90-minute training sessions will be held throughout our community and on Zoom between September 4 and 13. Anyone can easily find a time and place that fits their schedule.

#### How Can I Help?

You can help promote this training by getting fliers from Region V Prevention Systems. Contact Teri [teffle@region5systems.net](mailto:teffle@region5systems.net) or Kayla [KLathrop@region5systems.net](mailto:KLathrop@region5systems.net).

#### When? Where? What?

Visit <http://talkheart2heart.org/resources/qpr-training/> to learn more about this life-saving training, especially places and times.

#### Who?

Region 5 Prevention Systems is providing these QPR Certified Trainers in cooperation with School Community Intervention and Prevention and Faith Partners.



A whole casserole is too much so we offer **A Bite of The Casserole** from time to time. We welcome ideas for short articles of interest to people working in their faith congregations on issues of addiction and mental health. Working together we will defeat stigma and shame. Faith Partners is a program of Region V Prevention Systems 1645 N St. Lincoln, NE. supported by a Partnership for Success Grant (PFS# 79-SP08090988) DHHS Division of Behavioral Health. This is edited by Otto Schultz, so if something is wrong, blame him, [OttoBSchultz@outlook.com](mailto:OttoBSchultz@outlook.com) or 402-770-1974.