

# AGRICULTURAL COMMUNITY QPR FOR FARMERS AND FARM FAMILIES

Over the last decade, farmers and farm families have experienced increasing pressures resulting in high levels of stress, mental health issues and suicide.

## What is QPR?

QPR training teaches lay people and professionals to recognize and respond to mental health crises using the approach of Question, Persuade and Refer.

## In this 1.5-hour QPR training, we will provide:

- Information on the unique challenges farmers face that can lead to stress, depression and suicide.
- Examples implementing each QPR component with someone at risk for suicide.
- Information on how to help someone at risk of suicide.

Seats are limited, and a financial deposit is required per trainee. This deposit is returned upon completion of the QPR training.

## Interested in hosting a QPR training?

Contact Linda Emanuel for more information!

Email: [lemanuel@agrisafe.org](mailto:lemanuel@agrisafe.org)

## PRESENTERS:



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