



FOR IMMEDIATE RELEASE

Contact:

Lieske Giese, RN, MSPH
Director/Health Officer
715-839-4718
After 5:00 p.m. – 715-514-7881 (cell)
Elizabeth.Giese@co.eau-claire.wi.us

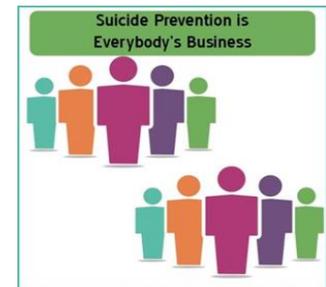
QPR training offered to boost community's comfort level in approaching conversation about suicide September 7th-11th is Suicide Prevention Awareness Week

Eau Claire, WI September 8, 2015—During Suicide Prevention Awareness Week, the Eau Claire County Medical Reserve Corps (MRC) and Eau Claire Healthy Communities' Mental Health Action Team (MHAT) are encouraging residents to get involved in suicide prevention efforts by attending a Question, Persuade, Refer (QPR) Training. Over 223 area residents have already received the free training through a national grant received by MRC and MHAT.

QPR is essentially the CPR of Mental Health and getting trained can save lives. QPR is an evidence-based practice that teaches attendees how to recognize the warning signs of suicide, provide hope to those who may be contemplating suicide and know resources to refer individuals to in Eau Claire County. QPR trainings will help people feel more comfortable talking about suicide, and know how to talk to someone that is in a suicidal crisis to help save their life right here in Eau Claire County.

Community members that have attended the QPR training have said:

- *"This was one of the most helpful in-services I have been to! Any action may save a life, but no action most likely will lose one."*
- *"This is such a critically important topic and training. I'm grateful to have been able to participate. Thanks."*
- *"Let this be the spring board and not the end—keep the discussion going!"*



Mental Health has been identified as a top health priority in Eau Claire County by residents as part of the 2015 Community Health Assessment. The data also shows that mental health is a concern in our community. In 2014, there were 18 deaths to suicide in Eau Claire County—that is 18 too many! The 2011 PRIDE survey conducted in Eau Claire County high schools with 10th and 12th graders indicated that approximately 1 in 6 of these students considered suicide "sometimes," "often," or "a lot." Another indicator that mental health needs to be a priority in our community is the high number of self-inflicted injuries. In Eau Claire County, this number has been increasing and has exceeded the state rate since 2000.

"We highly encourage all community members to attend one of these trainings," says Chelsie Smith, Public Health Nurse and certified QPR trainer. "Suicide prevention is everybody's business, we all need to do our part to help save lives!" HSHS Sacred Heart Hospital and Mayo Clinic Health System have joined Eau Claire Healthy Communities' efforts to provide more community-wide QPR trainings. Upcoming community-wide trainings will be held:

- September 22nd 6-7:30pm at HSHS Sacred Heart Hospital Monsignor Klimek Auditorium, Eau Claire
- September 24th 5-6:30pm at Mayo Clinic Health System Auditorium, Eau Claire
- October 22nd 6-6:30pm at Mayo Clinic Health System Auditorium, Eau Claire

QPR training is FREE; however space is limited so registration is required for all events. Please call HSHS Sacred Heart Hospital at 715-717-1600 or Mayo Clinic Health System at 715-464-2300 to register.

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