



PSYCHOLOGICAL & COUNSELING SERVICES

PACS Suicide Prevention Training

## JOIN UNH'S SAFETY NET !

We will be offering two separate 1 hour workshops, one for faculty and staff and one for students, that will include a review of signs of distress, suggestions on how to reach out to those in distress, and information on where and when to refer students. The foundation of this workshop is Question, Persuade, and Refer (QPR), which is a public health initiative aimed at preventing death by suicide. Like CPR, the more familiar we are with recognizing the signs of significant distress, expressing concern, and providing relevant referral information, the stronger our safety net will be for our community. Seating is limited. Please call PACS at 862-2090 to reserve your spot!

Workshops will be held on Thursday, October 4th from 1 –2 pm

PLEASE RSVP TODAY!

QUESTIONS ABOUT ADDITIONAL SERVICES? CONTACT PACS TODAY!

603-862-2090 · 3 Garrison Avenue, Smith Hall 3<sup>rd</sup> Floor · Durham, NH 03824

[www.unh.edu/pacs](http://www.unh.edu/pacs)