

# *Hope Begins With You!*

*Did you know that . . . .*

- ✦ **There is a suicide in Utah every 16 hours.**
- ✦ **Utah ranks in the top five in the nation for completed suicides and #1 in the nation for suicidal thoughts.**
- ✦ **Suicide is third leading cause of death for youth ages 10-14.**
- ✦ **The majority of those individuals who died by suicide showed the warning signs to family and friends.**

**You have the opportunity to make a difference.**

**You have the chance to help save a life.**

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## **LEARN QPR FOR SUICIDE PREVENTION**

- ▶ In less than two hours, you can learn skills on how to Question, Persuade, and Refer to help **prevent suicide**.
- ▶ A certified QPR instructor can come to your home or business to conduct a **free** QPR training (minimum of five people).
- ▶ For more information, contact:
  - Mona Griffin at Southwest Behavioral Health Center:  
Phone: (435) 634-5638 E-mail: [mgriffin@sbhcutah.org](mailto:mgriffin@sbhcutah.org)



**Fight the Stigma of Suicide!**

**ASK A QUESTION - SAVE A LIFE!**