



For more information regarding this release, contact: Dona Rehome, 507.642.5225

For Immediate Release

Date: August 20, 2015

PRESS RELEASE:

MCBC Offering Suicide Prevention Training for the Public

Madelia, Minn. – QPR Training for Suicide Prevention will be offered free of charge to the public on Thursday, September 10th from 6:30 to 8:30 p.m. at Faith Lutheran Church in Madelia. People that attend the training will learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer (QPR) someone to help. Much like CPR or the Heimlich Maneuver, the fundamentals of QPR are easily learned, and the application may save a life. The training is being sponsored by the Madelia Community Based Collaborative (MCBC) and is being held during Worldwide Suicide Prevention Day.

The class will be taught by **Dr. Amy S. Hedman**, an Associate Professor in the Health Science Department at Minnesota State University, Mankato. Earlier this summer, Dr. Hedman gave QPR training to gatekeepers in the Madelia community and spoke at the Community Forum. Everyone is welcome to attend the September 10th class and learn how to help save a life from suicide. If you plan to attend, please call or email at 507.389.5382 or amy.hedman@mnsu.edu by September 3rd.

Additional information on QPR can be found at: www.qprinstitute.com

MCBC is a local community group that includes broad community representation consisting of members from the Madelia Community Hospital & Clinic, Madelia School District, Tony Downs Food Company, Public Health, Glen Taylor Nursing Institute for Family and Society, Minnesota State University, Mankato Nursing Program, Luther Memorial Home and Watonwan County Vision for Families and Children.

###