



**Please join us for a Free
VIRTUAL Suicide Prevention
Training on
Friday, November 20, 2026
From 9:00am-10:30am CST**

YOUR TRAINER: Michelle Kohmetscher is contracted by Region II Human Services.

QPR is an evidence-based training, which provides 3 simple steps anyone can learn to help save a life from suicide. The mission of QPR is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. QPR will train people to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

**TO JOIN THE VIRTUAL TRAINING, PLEASE CLICK ON THE LINK BELOW OR
SCAN THE QR CODE BELOW. REGISTRATION IS NOT REQUIRED AHEAD OF
TIME.**

The direct link can be found on www.r2hs.com

Topic: Virtual QPR Class November 20, 2026

Time: Nov 20, 2026 09:00 AM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89032451920>



TO SET UP FUTURE IN-PERSON OR VIRTUAL TRAININGS OR IF YOU HAVE ANY
QUESTIONS, PLEASE CONTACT SHANNON SELL AT 308-529-0595 OR shannonsell@r2hs.com

Funded by the 2023-2027 CDC Comprehensive Suicide Prevention Grant Program