



DEKALB COUNTY
MENTAL HEALTH BOARD



Ask a Question,
Save a Life

Three steps anyone can learn to help
prevent suicide.

QPR is an emergency response to
someone in mental health crisis. Use
the QR code or web address to
access free training

Save a life today

*And look forward
to the future*

Use the QR Code or web address:
Enter Organization Code: DCCMH
Select: Create Account. Complete and
submit registration form and you are
ready for your *free* training.



Instructions for free QPR course:

1. Navigate to: qprtraining.com/setup
2. Enter the organization code **DCCMH**
3. Select Create Account
4. Complete and submit registration form
5. QPR will display and email the newly created Username and Password.
6. Log in to begin training at qprtraining.com

Have Hope

Need Help Now?
National Suicide Prevention Lifeline: 800-273-8255

Taking Action

Learn how to help.

Learn the signs.

Want to practice with a professional? Visit dcmhb.org
for virtual practice session dates.

Question, Persuade, Refer Training Follow-Up with a Professional

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

To get people comfortable with using QPR techniques and conversations about suicidal thoughts, the DCCMHB is offering free practice sessions with a professional. Join us by Zoom for a free, conversational practice session on any of these dates and times:

Join Zoom Meeting

<https://us02web.zoom.us/j/88151868347?pwd=YldFNGxhZVBHeFFOdHpOYTROeXFhdz09>

Meeting ID: 881 5186 8347

Passcode: 799569

Dial by your location: +1 312 626 6799 US (Chicago)

Thursday, April 21, 2022, at 7:00 p.m.

Thursday, May 19, 2022, at 7:00 p.m.

Thursday, June 16, 2022, at 7:00 p.m.

Thursday, July 21, 2022, at 7:00 p.m.

Meet our Professional!



Jennie Geltz, MSW. LCSW

Jennie uses a positive focus on people's strengths and provides support to help people grow. Jennie obtained a bachelor's degree in Social Work from Illinois State University and a Master's in Social Work from Aurora University. Jennie is a Board Member of the DeKalb County Community Mental Health Board.