



**NEWS RELEASE – Area Agency on Aging District 7, Inc.**

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## **Free Community Suicide Awareness/Prevention Training**

The Area Agency on Aging District 7 (AAA7) is offering a community training for suicide awareness and prevention called QPR: Question, Persuade, and Refer. The training is free and will be offered virtually on September 5<sup>th</sup> and is open to any member in the community.

Through the Suicide Prevention Foundation, AAA7 staff have been trained to provide the community educational program QPR: Question, Persuade, and Refer. Much like the well-known CPR, the fundamentals of QPR are easily learned and applied through a short training which can be done virtually or online. QPR, like CPR, functions as a “chain of survival”, allowing lay persons and professionals to respond to a life-threatening event; suicidal crisis. The training provides a booklet for each participant which becomes the resource to assist those experiencing suicidal thoughts and is an instrumental part of the training. Teachers, coaches, local clergy, police officers, and any community individual can learn the QPR method to help recognize signs and clues of suicidal behavior, how to approach and communicate with a person experiencing suicidal thoughts, and where to refer them for assistance.

In Ohio, five people die each day by suicide. A report released by the Ohio University College of Health and Sciences in July 2020 found rural counties have higher incidences of suicide and less resources to treat mental health conditions in Ohio. Of Ohio’s 88 counties, 37 have above the United States average deaths from suicide. Adams, Gallia and Jackson Counties have 20 suicides per 100,000 individuals annually; Brown County has 18 per 100,000; Highland, Pike and Ross Counties have 17 per 100,000; Scioto and Lawrence Counties have 13 per 100,000; and Vinton County has 11 per 100,000. The Area Agency on Aging District 7 serves all ten of these counties with a mission of providing resources and services for the area.

The session on September 5<sup>th</sup> will begin at 10:00 am and the training will last a couple hours.

If you or someone you know would be interested in participating, or if you have questions about the training, please call the AAA7 Training Department at 1-800-582-7277, extension 252 or e-mail [info@aaa7.org](mailto:info@aaa7.org). To register for the training, log on to [www.aaa7.org](http://www.aaa7.org), go to the “Training” tab and click on “Training Registration”.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their residence of choice through services paid for

by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Agency staff member who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an assessment at no cost for those who are interested in learning more. Information is also available on [www.aaa7.org](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7).

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