

Town of Acton
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Acton, MA 01720



FOR IMMEDIATE RELEASE

Monday, March 25, 2019

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Acton to Hold Suicide Prevention Training for Residents

SUICIDE PREVENTION TRAINING
FREE AND OPEN TO THE PUBLIC
Sponsored by



AB Cares

Question, Persuade, Refer (QPR)
teaches three simple steps anyone can
learn to help save a life.

Spring 2019 Trainings:

[March 25, 2019](#) 7:00-8:30pm - Acton Public Safety Building
[April 26, 2019](#) 6:30-8:30pm - Acton Human Services Facility & Senior Center
[May 30, 2019](#) 10:00am-12:00pm - Acton Library

**You never know when you may be called
upon to help. Please join us in saying YES to
saving the life of a friend, colleague,
child, sibling, or neighbor.**

ACTON -- Town Manager John Mangiaratti announces that Acton, in conjunction with AB Cares, will host the first of three free suicide prevention trainings for residents tonight.

WHEN:

Monday, March 25 from 7-8:30 p.m.

WHERE:

Acton Public Safety Building, 371 Main St.

WHAT:

The training will focus on the three simple steps anyone can learn to help save a life from suicide: question, persuade and refer.

The QPR mission works to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

Throughout the evening, two QPR-trained facilitators will focus on:

- How to question, persuade and refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- Common causes of suicidal behavior
- Warning signs of suicide
- How to get help for someone in crisis

Earlier this month, town and school employees received training on how to recognize the warning signs of a crisis and how to respond, which Acton Police Detective Michael Eracleo and Katie Gorczyca, Executive Director of Danny's Place facilitated. The following were trained: the Town Manager's office and staff from the Community Services, Nursing, Police, Fire, Library, Finance, Public Works, Human Resources, Natural Resource, Conservation and Recreation departments.

Additional meetings will be held on:

- Friday, April 26 from 6:30-8:30 p.m. at the Acton Human Services Facility & Senior Center, 30 Sudbury Road
- Thursday, May 30 from 10 a.m. to 12 p.m. at Acton Memorial Library, 486 Main St.

The event is sponsored by the Acton Boxborough United Way and AB Cares -- a community-based collaborative effort that seeks to prevent suicide and support those who are impacted by suicide.

To learn more about AB Cares, its mission and to obtain suicide prevention resources, visit abuwb.org/index.php/en/how-we-help/ab-cares.

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*Katie Gorczyca, Executive Director of Danny's Place, and Acton Police Detective Michael Eracleo facilitate a suicide prevention training for town and school employees.
(Courtesy Photo Town of Acton)*

A message from the Town of Acton

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