

Contact: Lisa Marshall  
Taney County Health Department  
320 Rinehart Road  
Phone: (417) 334-4544  
Email: [lisa.marshall@lpha.mo.gov](mailto:lisa.marshall@lpha.mo.gov)



## FOR IMMEDIATE RELEASE

Save Lives with QPR  
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Every May, the Taney County Health Department (TCHD) actively promotes Mental Health Awareness Month. Mental health is important because it affects how we think, feel, and live our daily lives. When someone is struggling with their mental health, they may think about ending their life. Suicide is one of the leading causes of death in Missouri, for both adults and teens. TCHD is actively responding by providing lifesaving mental health education for all Taney County citizens. To help prevent suicide, TCHD offers a free training called Question, Persuade, and Refer (QPR).

In just one hour, participants learn how to ask someone if they are thinking about suicide, how to talk with them, and how to connect them to lifesaving resources. QPR training is free through funding from the Missouri Department of Health and Senior Services Maternal Child Health Services contract and is available to any group in the community.

“QPR is the best training that the health department has offered. It is easy to learn and can be used immediately to save a life.” explains Kara Miller, Community Health Educator and certified QPR instructor at TCHD, “We can’t be afraid to talk about suicide openly and honestly. It’s the only way to offer hope and decrease the number of lives lost.”

In November 2024, TCHD reached an important milestone and trained over 1,000 people in Taney County. The goal is to keep growing that number and help more people be prepared to save lives. TCHD invites Taney County residents to invest in themselves and those around them through the valuable knowledge and skills offered by this program.

QPR training can be customized for different groups, like Veterans, law enforcement, adults, and youth. TCHD has already worked with Veteran groups, high schools, and other organizations in the area. QPR is portable, and TCHD staff will take the class to any location. All are welcome and encouraged to participate.

To schedule a lifesaving QPR training, contact the Taney County Health Department at 417-334-4544 ext. 594 or visit [taneycohealth.org](http://taneycohealth.org). For more information and to keep up with TCHD updates visit our website at [www.taneycohealth.org](http://www.taneycohealth.org), or connect with us via Facebook, Instagram, LinkedIn, and X.

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As a leader in health, the Taney County Health Department serves Taney County residents and visitors in their pursuit of a healthy lifestyle and environment. The Taney County Health Department’s mission is to create a healthy and safe community for people to live, work, and play, today and in the future. Caring, serving, and protecting Taney County since 1961. Please visit our website [www.taneycohealth.org](http://www.taneycohealth.org) to learn more about our services.

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