



Community Action Program of Lancaster County

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Begley Receives Certification in QPR

(Lancaster, PA) – Regina Begley, director CONTACT Lancaster Helpline, recently received her certification as a QPR instructor from the QPR Institute. QPR is a method of suicide prevention taught by the institute that trains instructors to teach QPR suicide prevention in their communities. QPR stands for Question, Persuade and Refer, which are the three steps in saving a life from suicide. With the certification, Begley will now incorporate the suicide prevention methodology into the CONTACT Lancaster Helpline assistance protocols.

CONTACT Lancaster Helpline has provided a listening ear to the community for over 35 years. Highly trained, compassionate volunteers provide confidential assistance to individuals in crisis. Callers often receive referrals to life-saving resources and interventions. CONTACT also answers a dedicated suicide line (1-800-273-TALK), a teen line and performs daily reassurance calls to homebound elderly.

The CONTACT Lancaster Helpline is one of 36 programs administered by CAP of Lancaster County, which community leaders formed in 1966 to assist low and moderate-income individuals with the resources, skills, and knowledge needed to become self-sufficient. CAP of Lancaster County has a budget of over \$46 million and employs 325 people who provide services to qualified individuals throughout Lancaster County.

Photo Enclosed