

# QPR

(QUESTION, PERSUADE, AND REFER)

## SUICIDE PREVENTION TRAINING

**Ask a Question, Save A Life.** Three steps anyone can take to help prevent suicide. You can be a resource for someone who might be struggling. Let's make sure everyone in our community knows how much they matter.

**Saturday, June 8**

**10:00 a.m. to 11:30 a.m.**

Register at <https://bit.ly/4cA2MFE>

**Tuesday, June 18**

**1:00 p.m. to 2:30 p.m.**

Register at <https://bit.ly/3J2gHqD>

Question, Persuade, Refer (QPR) virtual training is offered free to the community for anyone ages 16 and older.

Learn to recognize the warning signs, how to intervene, and where to refer someone who is in crisis. Are you QPR ready?



**Empower  
your  
community!**



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