

# Suicide Prevention Training

## Question Persuade Refer

*Three steps anyone can learn to help prevent suicide*



### QPR TRAINING DATES

Wednesday, June 23 1:00 - 2:30pm

Thursday, July 22 1:00 - 2:30pm

Monday, Aug. 9 1:00 - 2:30pm

Monday, Sept. 6 1:00 - 2:30pm

Wednesday, Sept. 22 1:00 - 2:30pm

Monday, Oct. 11 1:00 - 2:30pm

Wednesday, Oct. 20 1:00 - 2:30pm

Wednesday, Nov. 10 1:00 - 2:30pm

Wednesday, Nov. 17 1:00 - 2:30pm

Monday, Dec. 6 1:00 - 2:30pm

Wednesday, Dec. 15 1:00 - 2:30pm

### Ask a Question, Save a Life

QPR Suicide Prevention Training provides individuals with the skills to identify the warning signs of suicide, learn how to interrupt the crisis, and know how to direct a person to proper care. This training is offered free to anyone to help our community recognize the warning signs of suicide and assist others in need.

#### As a QPR Gatekeeper, you will:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

To Register for a FREE QPR training session, visit  
[familyess.org/QPR](http://familyess.org/QPR) or call (360)754-7629