

Suicide Prevention Training

Question Persuade Refer

Three steps anyone can learn to help prevent suicide



QPR TRAINING DATES

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 or call (360)754-7629