



ONLINE

QUESTION, PERSUADE & REFER

Thursday, April 15 | 6:00 - 8:30 PM

Thursday, April 29 | 6:00 - 8:30 PM

QPR for Veterans, Active Duty, Family and Caregivers

Saturday, April 10 | 9:00 - 11:30 AM

Friday, April 23 | 2:00 - 4:30 PM

QPR is an educational program that teaches community members how to recognize that a person may be experiencing thoughts of suicide and offer first aid until more experienced help is available. Participants will learn about warning signs, risk factors, common myths about suicide and a three step suicide prevention first aid action plan. The training is for everyone aged 18 or over. By the end of this training, you will know how to:

- recognize the early warning signs of suicide
- ask the person about thoughts of suicide
- persuade the person to get help
- refer the person to help
- offer hope
- get help and save a life



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