



QPR QUESTION PERSUADE REFER

For Suicide
Prevention
Ask a Question. Save a Life

Three steps anyone can learn
to prevent suicide

We can all save lives

JOIN OUR FREE SUICIDE PREVENTION COMMUNITY WORKSHOP



QPR is a 90 minute **evidence-based training** providing practical and proven suicide prevention strategies for work, school, home and in your community. Through a certified QPR trainer, you will learn to identify a person at risk and respond confidently. Skills and topics include:

- ✓ How suicide is a public health concern
- ✓ Recognizing risk factors and warning signs of suicide
- ✓ Understanding the myths and facts of suicide
- ✓ Learning about:
 - Direct and indirect cues of someone at risk for suicide
 - Behavioral cues related to suicide
 - Situational cues related to suicide
- ✓ **Question:** Learn how to ask, and not ask, about suicide
- ✓ **Persuade:** Learn how to listen to and influence a person to seek ongoing help
- ✓ **Refer:** Learn how to refer and support a person to resources

**BRING YOUR LUNCH & JOIN US
FOR A VIRTUAL TRAINING**

**REGISTER
TODAY**

LUNCH & LEARN VIA ZOOM!
WEDNESDAY
JANUARY 15, 2025
12 PM – 1:30 PM

<https://bit.ly/4er6u42>
or use our QR Code:



This workshop is
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grant from:



For questions about this workshop, email:
suicide.prevention@sandiegotherapycenter.org