

## QUESTION PERSUADE REFER

# QPR

Ask a Question, Save a Life

Question  
Persuade  
Refer

Suicide Prevention  
Training for adults

Date: April 11, 2019

Time: 7:00- 8:00 PM

Location: Central  
Linn High School

For more information or to  
register:

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## Question Persuade Refer

The 3 steps anyone can learn to help  
save a life from suicide

Participants will learn:

- Myths and facts about suicide
- Suicide clues and warning signs
- How to ask someone about suicide
- How to persuade someone to stay alive
- How to refer someone for additional support

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.