



QUESTION, PERSUADE, REFER

**DECEMBER 10, 2025
4:00-5:00PM**

OR

**JANUARY 21, 2026
12:00-1:00PM**

VIRTUAL TRAINING

“As CPR is for the heart, QPR is for the mind”

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3 simple steps that anyone can learn to help save a life from suicide. 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 warning signs of suicide crisis and how to question, persuade and refer someone to help.

QPR TRAINS YOU ON:

- Recognizing suicide warning signs
- Ways to initiate conversation
- Methods of providing help and hope

TARGET AUDIENCE:

Anyone who is in a position to recognize that someone may be contemplating suicide: parents, friends, teachers, coaches, and many others.

Register online [HERE](#) or scan the QR Code.

Email stephaniek@humanserviceagency.org with any questions.

