



# QPR

Question • Persuade • Refer

*Learn How to Help Save the Life of a...*

Child • Student • Friend • Co-worker • Family Member

If someone you know was considering suicide, would you recognize the warning signs and know how to help? QPR is designed to increase one's ability to recognize suicidal thoughts and behaviors, and to refer the person who is at risk to a professional resource. This training will be offered both virtually through zoom and in-person.

Save a life from suicide by learning these three simple steps:

- **Question** a person about suicide
- **Persuade** someone to get help
- **Refer** someone to the appropriate resource

**Thursday, September 29, 2022 at 4:00-5:00 PM**

**Join by Zoom: <https://us06web.zoom.us/j/82986707153>**

**Spencer Dutschke  
209-257-1980 ext. 116**

**No registration required for this QPR training. For questions please contact Spencer Dutschke at 209-257-1980 ext. 116 or [sduts@nexusyfs.org](mailto:sduts@nexusyfs.org). All trainings are provided at no cost.**



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