

# QPR

(QUESTION, PERSUADE, AND REFER)

## SUICIDE PREVENTION TRAINING

**Ask a Question, Save A Life.** Three steps anyone can take to help prevent suicide. You can be a resource for someone who might be struggling. Let's make sure everyone in our community knows how much they matter.

**Question, Persuade, Refer (QPR)** virtual training is offered free to the community for anyone ages 16 and older.

Learn to recognize the warning signs, how to intervene, and where to refer someone who is in crisis.

**Are you QPR ready?**



**Thursday, May 2**  
**1:00 p.m. to 2:30 p.m.**  
**Register at [bit.ly/3VMDLRQ](https://bit.ly/3VMDLRQ)**

**Saturday, May 18**  
**9:00 a.m. to 10:30 a.m.**  
**Register at [bit.ly/QPR-5-18-24](https://bit.ly/QPR-5-18-24)**

**Thursday, May 30**  
**(Special Focus on Older Adults)**  
**6:00 p.m. to 7:30 p.m.**  
**Register at [bit.ly/QPR-5-30-24](https://bit.ly/QPR-5-30-24)**

 [www.fairfaxcounty.gov/csb](https://www.fairfaxcounty.gov/csb)

 @FairfaxCSB  @FairfaxCSB

