

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.

Saturday, Aug 10
9:00 a.m. to 10:30 a.m.
bit.ly/3RCbFFU

Thursday, Aug 22
12:00 p.m. to 1:30 p.m.
bit.ly/QPR-8-22-24

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?



**Empower
your
community!**



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Reasonable accommodations provided upon request; call 703-324-7000, TTY 711.

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