



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 30th, 2021

3:00pm-4:00pm

19386 Hwy 88

(Below Pine Grove market)

Pine Grove, CA 95665

QPR training requires pre-registration. For questions or to register please contact Spencer Dutschke at 209-257-1980 ext. 116 or sduts@nexusyfs.org. All trainings are provided at no cost.



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