



Suicide Prevention Training

QPR stands for Question, Persuade, and Refer.

3 simple steps anyone can learn to help save a life from suicide.

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone at risk to get the help they need.

In this QPR training you will learn to:

Recognize the warning signs of suicide

Know how to offer hope

Know how to get help and save a life

Friday September 27th

Roseburg Public Library

South Umpqua Room

1409 NE Diamond Lake Blvd

2pm - 4pm

Register at [QPR-Douglas.eventbrite.com](https://www.eventbrite.com/e/qpr-douglas)

Free - no cost



Questions—

SuicidePrevention@Adaptoregon.org

Or call 541-229-8930