

QPR



- Question Persuade Refer -

TRAINING

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

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.

LEARN TO RECOGNIZE THE WARNING SIGNS

100% Virtual

For Anyone 18+

Cost: FREE

**Contact Trillium Health Resources at
1-866-998-2597, or email us
TrainingUnit@TrilliumNC.org**

Also ask us about Teen QPR

Transforming Lives.
Building Community Well-Being.

