

*Ask a question,
save a life!*



Question Persuade Refer

*Three steps anyone can learn
to prevent suicide*

We can all save lives

QPR is a 90 minute research-based training providing practical and proven suicide prevention strategies for work, school, at home, and in your community.

What to Expect

Through presentation, videos and practice, you will be able to respond confidently to emergency situations.

Skills and topics include:

- Recognizing Risk Factors & Warning Signs of Suicide
- Understanding the Myths & Facts of Suicide
- Question - Learn How to (and not to) Ask About Suicide
- Persuade - Learn How to Influence a Person to Seek Ongoing Help
- Refer - Learn How to Refer and Navigate a Person to Resources

Thank you to our Sponsors



SIGN UP TODAY!

QPR Suicide Prevention Certification Course

SHELTON YMCA

**Monday, July 13, 2026
5:30 - 7:00 pm**

**Register NOW
for FREE:**



**www.familyess.org/QPR
or call (360) 754-7629**

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