

Upcoming Virtual Training

QUESTION. PERSUADE. REFER.

3 Simple Steps to Save a Life

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.

QPR can be learned in our Gatekeeper course in as little as one hour.



Monday, July 24th

5:30 pm PT/ 6:30 pm MT

Register at:

<https://lp.constantcontactpages.com/sv/Q0sWi3b/QPR>

Come and join us!

