

# QUESTION PERSUADE REFER

Three steps anyone can learn to prevent suicide

## We can all save lives

QPR is a 3 hour **evidence-based training** providing practical and proven suicide prevention strategies for work, school, home and in your community.

Through a certified QPR trainer, you will learn to identify a person at risk and respond confidently.

### Skills and topics include:

- ✓ How suicide is a public health concern
- ✓ Recognizing risk factors and warning signs of suicide
- ✓ Understanding the myths and facts of suicide
- ✓ Learning about:
  - Direct and indirect cues of someone at risk for suicide
  - Behavioral cues related to suicide
  - Situational cues related to suicide
- ✓ **Question:** Learn how to ask and not ask, about suicide
- ✓ **Persuade:** Learn how to listen to and influence a person to seek ongoing help
- ✓ **Refer:** Learn how to refer and support a person to resources



**Public Health**  
Prevent. Promote. Protect.

Henderson County, NC

# QPR

For Suicide  
Prevention

*Ask a Question. Save a Life*

SUICIDE PREVENTION AWARENESS MONTH

# SUICIDE PREVENTION COMMUNITY WORKSHOP



Make it YOUR priority to help someone you care about!

## SEPTEMBER 9, 2025

TUESDAY, 1:00 TO 4:00 PM

**Children & Family Resource Center**

851 Case Street

Hendersonville, NC 28792

## REGISTER TODAY



Or register here:

<https://forms.office.com/g/zshH6hKEER>



Call for questions:

**828-694-6038**



**Children & Family  
Resource Center**  
Community. Kids. Connections.