

# QUESTION PERSUADE REFER

Three steps anyone can learn to prevent suicide

## We can all save lives

**QPR** is a 2 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*

JOIN OUR FREE

# SUICIDE PREVENTION COMMUNITY WORKSHOP



Make it **YOUR** priority during  
Suicide Prevention Month

## OCTOBER 10, 2024

THURSDAY, 2 PM

**Henderson County Department of Public Health**  
1200 Spartanburg Hwy, Suite 100  
Hendersonville, NC 28792

## REGISTER TODAY



Or register here:

<https://forms.office.com/g/Gg70pHRrK6>



Call for questions:  
**828-694-6038**