

# Question. Persuade. Refer. (QPR) Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. In three steps anyone can learn to help prevent suicide. This training is free to anyone who is 18+ years old that is interested in learning suicide prevention techniques.



**January 18, 2023**  
**10:00 am - 12:00 pm**  
**at the Bernards Library**  
(32 S Maple Ave, Basking Ridge, NJ)

**[Click Here To Register](#)**

(Registration ends on January 16th)

## KEY COMPONENTS COVERED IN THE TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

