

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 and is interested in learning suicide prevention techniques.



Two virtual training options are available.
Both trainings will cover the same material.

March 12, 2026

10 AM - 12 PM

[Register](#)

April 23, 2026

6:30 - 8:30 PM

[Register](#)

**YOU WILL RECEIVE A
ZOOM LINK VIA EMAIL**



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.

