

# WE CAN ALL SAVE LIVES



## Participate in a FREE suicide prevention training.

Life can be stressful.

In uncertain times, it is essential to support one another – now more than ever.

Learn ways to offer support to clients, neighbors, loved ones, and friends in your community.

Raise awareness and reduce the stigma around suicide.

This training will help you:

- Recognize the warning signs of suicide
- Listen and offer hope
- Get help and save a life



## Question. Persuade. Refer.

Question, Persuade, Refer (QPR) is an innovative and proven suicide prevention program. This 1.5-hour training empowers each of us to make a positive difference in others' lives.

Date: Thursday, April 30th

Time: 2:45 – 4 pm PST  
3:45 – 5 pm MST

Location: Zoom

Register: [beav.es/wDn](https://beav.es/wDn)   
Registration is required. Please register at least 24 hours in advance.

Questions?

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