

# QPR

QUESTION.  
PERSUADE.  
REFER.

Ask a Question. Save a Life.

## Suicide Prevention Training for Adults

**Question. Persuade. Refer.** are three steps anyone can learn to help prevent suicide. Make a positive difference in the life of someone you know.

### You will learn:

- Myths and facts about suicide
- Suicide clues and warning signs
- How to ask someone if they are thinking about suicide
- How to persuade someone to stay alive
- How to refer someone for additional support

Offered without cost to you by Linn County Health Services.

**MAY 28, 2025 | 3:30 - 5:00 PM**  
**MOUNT VINEYARD ROOM (CC-213)**  
**LBCC- ALBANY CAMPUS**

### Who should attend:

LBCC Students, Staff & Faculty  
Community Members



**Sponsored by Linn County Health Services & LBCC Student Leadership Council**

Registration is required. Scan the QR code or visit: [linntogether.org/community-training/](https://linntogether.org/community-training/) for more information or to register.