

In Sweet Home **QPR**

Suicide Prevention Training

Ask a Question. Save a Life.

Question. Persuade. Refer. Three life-saving skills you can learn to help prevent suicide in adults and youth.

You will gain skills to:

- Understand the myths and facts about suicide
- Recognize suicide clues and warning signs in adults and youth
- Ask someone if they are thinking about suicide
- Persuade someone to stay alive and safe during a crisis
- Refer someone to professional and community resources

March 9, 2026, 4:00 - 5:30 pm

Sweet Home Public Library

1101 13th Avenue, Sweet Home, Oregon

Who should attend:

Community members • Employers • Parents • Educators
Caregivers • Coaches • Faith leaders • Family members

Sponsored by Linn County Health Services at no cost to you.

This training is open to individuals ages 18 and older.

Registration is required.

For more information or to register:
linntogether.org/community-training.