

# At LBCC 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

**WEDNESDAY, MAY 6, 2026 3:30 - 5:00 PM**  
**LINN BENTON COMMUNITY COLLEGE, MT VINEYARD ROOM**

**Who should attend:**

LBCC Students, Staff & Faculty, Community Members

*Must be 18 years or older to attend*



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

Registration is required. For more information or to register: [linntogether.org/training/QPR](https://linntogether.org/training/QPR)