

# QPR

Q U E S T I O N  
P E R S U A D E  
R E F E R

Ask a Question. Save a Life.

## Suicide Prevention Training

**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

**July 7, 2026, 6:00 - 7:30 pm**

**Armory Building, 104 SW 4th Ave, Albany, OR**

### 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.

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