

Q.P.R. Training: Question. Persuade. Refer.

**Wake County Eastern Regional Center
1002 Dogwood Drive | Zebulon, NC 27597**

**March 20, 2024
5:00 p.m. - 7:00 p.m.**

QPR stands for Question, Persuade, and Refer- the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Anyone including, parents, friends, neighbors, teachers, doctors, ministers, coworkers, and firefighters can learn to recognize someone at risk of suicide, know how to offer hope and how to get help and save a life!

RSVP Required

Sign up here:

<https://www.poehealth.org/events/qpr-324/>



Questions? Email Jessica Fowler at j.fowler@poehealth.org

Learn more: [PoeHealth.org](https://www.poehealth.org)