

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

February 18, 2026

The Poe Center is excited to present Q.P.R. Training!

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

WHAT: Q.P.R. Training
Ages 18+

WHERE: Poe Center
224 Sunnybrook Road
Raleigh, NC 27610

WHEN: February 18, 2026
6:30 p.m. - 8:30 p.m.

REGISTER:
<https://www.poehealth.org/qpr-021826>



QUESTIONS: j.fowler@poehealth.org

www.poehealth.org

Question. Persuade. Refer.

*Three steps anyone can learn
to help prevent suicide.*



Program Description

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!

Be the lifeline.



If you or someone you
know needs support now,
call or text 988 or chat
988lifeline.org

