

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

April 30, 2026

*The Poe Center, in conjunction with Wake County Regional Center,
is excited to present Q.P.R. Training.*

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

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

WHERE: Southern Regional Center
Room 82
130 N Judd Pkwy NE
Fuquay-Varina, NC 27526

WHEN: April 30, 2026
6:00 p.m. - 8:00 p.m.

REGISTER:
<https://www.poehealth.org/qpr-043026>



QUESTIONS: j.fowler@poehealth.org



Health &
Human Services

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

