

DO YOU KNOW QPR?

Every day eight Australians die by suicide.

Chances are you're in a position to help. Make sure you know what to do.

Question. Persuade. Refer.

QPR online training – sign up today

Take part in this invaluable and free training course – you never know, it may help you to save a life one day. Through three simple steps, you can help others: Question. Persuade. Refer.

Key components covered in the training include:

- Common myths and misconceptions about suicide
- The warning signs of suicide
- How to ask the suicide question
- How to persuade someone to stay alive
- How to get help for someone in crisis



Only takes
60 minutes



Free



Licenses remain
active for 3 years



Certificate of
completion



Over 2.5m people
trained worldwide

To register, please contact hayley.colyer@countryraphn.com.au
or visit countryraphn.com.au