



Question, Persuade, and Refer

Suicide Prevention Training

**The three simple steps anyone can learn to
help save a life from suicide.**

Participants trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

ZOOM VIRTUAL TRAINING



**Thursday, May 14
1 p.m to 3 p.m.**

5/6/2026

alexandriava.gov/dchs

For questions or reasonable disability accommodations, contact temi.aregbesola@alexandriava.gov or call 703.967.6597, Virginia Relay 711.



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**



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CLICK TO REGISTER!

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