



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

Visit: www.countrysaphn.com.au to access training or for further information

If you or someone you know is in need of support, Lifeline is available 24/7 on 13 11 14