



You're not alone.

## QPR: Question, Persuade, & Refer Training

*Spring 2023 Workshop for Students*

QPR stands for Question, Persuade, and Refer -- **the three simple steps anyone can learn to help save a life from suicide.** Just as people trained in CPR and the Heimlich Maneuver help save thousands each year, this workshop teaches how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

### **Dates & Times**

**One-Session Workshop offered on:**

Wed., Jan. 18, 2:00-3:00 PM

Wed., Feb. 15, 2:00-3:00 PM

Wed., Mar. 8, 2:00-3:00 PM

Wed., Apr. 19, 2:00-3:00 PM

Wed., May 3, 2:00-3:00 PM

**NO CHARGE!**

**Register using your UNM Email to:  
studentcounseling@unm.edu**

**Deadline: 1 Business Day Before Workshop**

