

Anyone can help save a life

FREE online suicide prevention training

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.



Only takes
60 minutes



FREE



3 year licenses



Certificate of
completion



Over 2.5m
people trained



For people
18+ years

Sunraysia Mallee

FREE online QPR training

Take part in this invaluable QPR training course – you never know, it may help you to save a life one day. QPR is designed to provide everyday people with three simple steps to help save a life from suicide.

Question. Persuade. Refer.

Key components covered in the training:

- 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

To complete the QPR online training:

Visit: murrayphn.org.au/qpr

Login code: ZERO

Your own health and wellbeing is a priority. You can participate when you are ready and in your own time.



Reach out if you need support

Pick up a Suicide Prevention Resource Card available from local cafes, community and health organisations in the Sunraysia Mallee region.

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