

# Learn the three simple steps to help save a life from suicide.

QPR Suicide Prevention training is free, online and only takes one hour.

[mphn.org.au/qpr](http://mphn.org.au/qpr)

QPR Suicide Prevention training provides you with the knowledge and skills to identify warning signs that someone may be suicidal, the confidence to talk to them about suicidal thoughts and to connect them with professional care.

**The training is free for individuals and organisations throughout the Murrumbidgee region.**



Learn more about local health services at [facebook.com/yourLHAC](https://facebook.com/yourLHAC)

BROUGHT TO YOU BY YOUR **LOCAL HEALTH ADVISORY COMMITTEE** IN PARTNERSHIP WITH:



IF YOU NEED IMMEDIATE OR CRISIS SUPPORT CALL ACCESSLINE 1800 800 944  
OR VISIT YOUR LOCAL HOSPITAL OR GP. IF A LIFE IS IN DANGER, CALL 000.

[denimentalhealth.org.au](http://denimentalhealth.org.au)