



# QUESTION PERSUADE REFER

Healthy Minds, Healthy Lives now hosts **virtual** Question, Persuade & Refer (QPR) trainings. These free online trainings will be one hour and do require advance registration. There is a limit of 10 attendees per session.

These trainings are open to everyone and include a focus on farming, agricultural, and rural areas. A QPR gatekeeper certificate and QPR booklet will be mailed following the training session.

## Learn how to:

- **Recognize suicidal thoughts**
- **Support an individual looking to seek help**
- **Ask the right questions surrounding mental health**
- **Make a referral**



## REGISTER



Visit [www.indianaruralhealth.org/events](http://www.indianaruralhealth.org/events)  
or scan the QR code.

