

# Learn how to save a life from suicide



## **We all know CPR can save a life. But did you know QPR can too?**

Every day, eight Australians die by suicide. We can all play a part in keeping people safe. QPR teaches three simple steps: Question. Persuade. Refer.

**Access free QPR training online today**



# Free QPR training online - do it 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.



Only takes  
60 minutes



Free



Certificate of  
completion



Licenses remain  
active for 3 years



Over 2.5m people  
trained worldwide

**To undertake the QPR  
online training, please visit  
[countrysaphn.com.au/qpr](https://countrysaphn.com.au/qpr)  
Login code: **CSA****

If you or someone you know is in need of support,  
call Regional Access on 1300 032 186 or visit  
[saregionalaccess.org.au](https://saregionalaccess.org.au)

