

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**

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