

# We can all SAVE LIVES



## Participate in a **FREE** online suicide prevention training for the agriculture community.

QPR (Question, Persuade, Refer) teaches people how to spot signs that a friend, neighbor or family member is struggling emotionally. Similar to CPR, the QPR workshop provides lifesaving knowledge and skills to help someone in crisis.

**REGISTER TODAY** for this **FREE** workshop. To learn more and to register:  
[beav.es/farm-stress](https://beav.es/farm-stress)

### WHO SHOULD ATTEND?

- Family and friends
- Veterinarians
- Ag lenders
- Service providers/vendors

### TRAINING DATES

- Sept 7 – 3 to 4:30 p.m.
- Oct 19 – 12:30 to 2:00 p.m.
- Nov 10 – 9 to 10:30 a.m.



**Oregon State**  
University

OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. Accommodation requests related to a disability should be made by one week prior to the scheduled event date to Cassie Bouska, 541-572-5263, and [cassie.bouska@oregonstate.edu](mailto:cassie.bouska@oregonstate.edu).