

# WE CAN ALL SAVE LIVES

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

Photo: Lynn Ketchum

Work in agriculture can be stressful.

In uncertain times, it is important to support one another – now more than ever.

Learn ways to offer support to clients, neighbors, loved ones and friends in your agriculture community.

Raise awareness and reduce the stigma around suicide.

This training will help you:

- Recognize the warning signs of suicide
- Listen and offer hope
- Get help and save a life



Question. Persuade. Refer.

Question, Persuade, Refer (QPR) is an innovative and proven suicide prevention program. **This training empowers each of us to make a positive difference in the lives of others.**

Training dates (English) Pacific Time

- January 10 - 3 to 4:30 pm
- March 21 - 10:30 am to Noon
- April 26 - 1 to 2:30 pm
- August 28 - 10 to 11:30 am

\*Spanish training dates (Pacific Time)

- January 11 - 2 to 4:00 pm
- March 7 - 2 to 4:00 pm
- April 25 - 2 to 4:00 pm
- June 13 - 2 to 4:00 pm
- August 22 - 9 to 11:00 am

Register at [beav.es/farm-stress](https://beav.es/farm-stress)  
Registration required.



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