



Question. Persuade. Refer.

FREE TRAINING


Learn the skills needed to:

- Recognise the warning signs of suicide
- Offer hope to someone who may be in crisis
- Refer on to appropriate support services



Contact our MateKeeper Coordinators to find out about our upcoming trainings or organise one for your workplace/community group. Trainings can be completed via face to face or Zoom, with a certificate and QPR information guide given on completion.

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