



Spot the Signs. Start a Conversation.

**QPR (Question, Persuade, Refer)
training fosters confidence in having
open and compassionate
conversations about mental health**

- Virtual
- Free
- Just 1-hour
- Available in MSU's Ability Training Compliance platform

Learn to:



Recognize the warning signs



Offer hope



Connect someone in crisis to support



Learn More

CONNECT WITH US

@HealthySpartans



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