

## QPR Training

QPR stands for Question, Persuade, and Refer - the three simple steps that anyone can learn to help save a life from suicide. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. QPR Training reinforces that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

### Why it Matters

**QPR is sometimes referred to as CPR for a Mental Health Crisis.**

QPR is an emergency mental health intervention for suicidal persons. The intent is to identify and interrupt the crisis and direct that person to the proper care. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Participating in QPR Training is saying "Yes" to saving the life of a student, friend, colleague, sibling, or neighbor.

With QPR, the following **Chain of Survival** elements must be in place:

**Early Recognition of Suicide:** The sooner warning signs are detected and help sought, the better the outcome of a suicidal crisis will be.

**Early QPR:** Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.

**Early intervention and referral:** Referral to local resources or calling 1-800-SUICIDE for evaluation and possible referral is critical.

**Early Advanced Life Support:** As with any illness, early detection and treatment results in better outcomes.

### How it is Effective

After completion of QPR Training, participants will gain the following knowledge:

- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to Question, Persuade, and Refer someone who may be suicidal
- How to get help for someone in crisis

QPR meets the requirements for listing in the National Registry of Evidence-based Practices and Policies (NREPP). "Question, Persuade, Refer (QPR) Gatekeeper Training for Suicide Prevention" has been approved by the Best Practices National Registry, Section III: Adherence to Standards, which is required training by many states.

Suggested Donation: \$500

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