

QPR Gatekeeper Training for Suicide Prevention

QPR stands for Question, Persuade, and Refer. **QPR Gatekeeper Training** provides instruction on these three simple steps that anyone can learn to help save a life from suicide. The goal of **QPR Gatekeeper Training** 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 Gatekeeper Training** reinforces that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Specifically for adults, this multi-hour training is designed to be delivered to groups in one session. Qualified Minding Your Mind staff members have completed the requirements necessary to be certified QPR instructors.

Learning Objectives

- Identify the warning signs of suicide.
- Identify risk and protective factors for suicide.
- Identify how to help someone in a mental health crisis.

Why it Matters

QPR Gatekeeper Training is sometimes referred to as CPR for a Mental Health Crisis. QPR is an emergency mental health intervention for individuals with suicide ideation. The intention is to identify and provide intervention to 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 signs of a suicide crisis and how to question, persuade, and refer someone to help. Participating in **QPR Gatekeeper Training** is saying “Yes” to saving the life of a student, friend, colleague, relative, 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 health condition, early detection and treatment results in better outcomes.

How it is Effective

After completion of **QPR Gatekeeper 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 Gatekeeper Training meets the requirements for listing in the National Registry of Evidence-based Practices and Policies (NREPP), which is required training for educators in many states.

Suggested Donation: \$500

To schedule a **QPR Gatekeeper Training**, visit www.mindingyourmind.org and select “Book Now.”