



SUICIDE PREVENTION TRAINING

QUESTION | PERSUADE | REFER

BECOME A QPR GATEKEEPER

WHAT IS QPR?

QPR stands for Question, Persuade, and Refer. 3 simple steps that anyone can learn to help save a life from suicide. QPR training is designed to teach you how to recognize the warning signs, clues, and suicidal communications of people in trouble, and how to respond to prevent a possible tragedy.

QPR is not a form of counseling or treatment but rather it is intended to offer hope through positive action.

WHY SHOULD YOU BECOME A QPR GATEKEEPER?

The information you gain from QPR training could provide you with the information needed to potentially save a life. QPR Gatekeeper training takes 1-2 hours and is taught in a clear and concise format. Gatekeepers are given information that is easy to understand and reinforced by the QPR booklet and card, complete with warning signs, methods to encourage a person to get help, and a list of resources available in your community.

Are you or your place of work interested in this training?
Visit uwwf.org/QPR to sign up or learn more.

