

QPR

3 Simple Steps

Question, Persuade, Refer

Become a Gatekeeper

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Who Teaches QPR Gatekeepers

QPR was created and developed by Paul Quinnett, Ph.D. of Spokane, Washington. Dr. Quinnett began a QPR Instructor Certification Program to allow qualified candidates to teach QPR and increase the number of gatekeepers trained to act in a bold and positive manner to prevent a suicide and save a life.

QPR is proven through research to be an effective suicide prevention training and is listed in the National Registry of Evidenced-based Programs and Practices.

Suicide Prevention For Everyone

QPR training— Question, Persuade, and Refer— takes just two hours and is taught in a format that is clear and concise. Gatekeepers are given information that is easy to understand and reinforced by a 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.



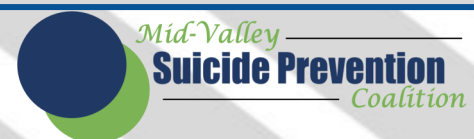
Learning Outcomes

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:

Question the individual's desire or intent regarding suicide

Persuade the person to seek and accept help

Refer the person to appropriate resources



QPR trainings are **FREE** and scheduled regularly
For More Information Contact the Mid-Valley Suicide Prevention Coalition
www.mvsuicideprevention.org ~ fco.suicideprevention@co.polk.or.us

