

QPR Training

Question Persuade Refer

QPR Training is an **emergency mental health intervention** for suicidal individuals. QPR represents three simple steps anyone can learn and implement to help save someone from suicide.

What QPR Training Covers:

- To recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
- How to offer hope, and how to get someone help.
- Intended to build confidence in identifying and interrupting the crisis and the best ways to connect someone to support.
- QPR is part of a system created to increase the chance of survival in the event of a crisis.

Ways to Learn:

- **General training** QPR can be learned through a Gatekeeper course in as little as one hour in person or via web video.
- **Train the Trainer**—certification is achieved through a one day instructor training (In-person or live web workshop options). The certification lasts 3 years.
- **Course options include:**
 - 1-hour Gatekeeper training
 - Train-the-Trainer
 - Community or Organization training
 - School-wide intervention education

Did you know?

On average,
130
people
die by suicide
every day¹

1 in 5
teens and young adults
live with a
mental health condition²

49.5%
youth, aged 13–18
live with a
mental disorder.
Of these, **22%** experience a
severe impairment³

~~Fees:
\$495~~

All trainings are provided
FREE of Charge
with funding through the
Wellness Coalition

Interested in training?
Contact lsisk@mvcsd.org
or krice@mvcsd.org



**Wellness Coalition
of Rural Linn County**

Healthy Communities. Healthy Futures.

www.wellnesscoalitionlinn.org

1. Source: American Foundation for Suicide Prevention
2. Source: National Alliance for Mental Illness
3. Source: National Institute of Mental Health