

QPR

For Suicide Prevention



What is QPR Gatekeeper Training?

QPR stands for Question, Persuade, and Refer – 3 simple steps that anyone can learn to help save a life from suicide. 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. Each year thousands of Americans, like you, are saying, "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

Who needs to know QPR?

Suicidal thoughts are common. Suicidal acts, threats and attempts are less common, but much more frequent than most people realize. Suicide is the most common psychiatric emergency and the 10th leading cause of death in America. Suicidal thinking, feeling and behavior are not rare. For example: If you are a middle-aged or older adult, you probably know someone who has made a suicide attempt. You may even have known someone who completed suicide and it is very likely you know someone who has, or is, thinking about suicide. If you are a professional caregiver, police officer, fireman, minister, priest, rabbi, school nurse, coach, youth leader, paramedic, high school counselor, case manager, volunteer or paid staff in any of a hundred different kinds of human service organizations, you will very likely have firsthand contact with suicidal people. Since it is impossible for family doctors, counselors and mental health professionals to know everyone who needs help, the answer to the question: **Who needs to know QPR? Everyone.**

In as little as one hour, you can 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. QPR Gatekeeper Training for Suicide Prevention is accredited through SAMHSA'S National Registry of Evidence-based Practices and Policies.

As a QPR-trained Gatekeeper you will learn:

As someone who may be in the best possible position to prevent suicide, you will find that QPR is designed to help you help someone who may be considering suicide. QPR consists of three life-saving skills. How to:

- Recognize the warning signs of suicide
- Offer hope
- Get help and save a life

To register for our complimentary, online & on-demand QPR training, visit:

www.TahoeLifeline.org/Training