

ASK A QUESTION SAVE A LIFE!

QPR is a 1-2-hour training program designed to enhance the general awareness about suicide through public education. According to the Surgeon General's National Strategy for Suicide Prevention (2001), a QPR Gatekeeper can be anyone, but includes parents, friends, neighbors, teachers, ministers, doctors, nurses, construction workers, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize a crisis, know the warning signs that someone may be contemplating suicide, and refer someone at risk of suicide to help avert the tragedy of suicide.

**ANYONE CAN LEARN QPR
ANYONE CAN HELP SAVE A LIFE!**

QUESTION

Question the individual's desire or intent regarding suicide.

PERSUADE

Persuade the person to seek and accept help by offering hope and an alternative solution.

REFER

Refer the person to appropriate resources. Trainees receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources.

QPR PARTICIPANTS SHOULD BE ABLE TO:

- 1 Recognize someone at risk for suicide,
- 2 Intervene with those at risk; and,
- 3 Refer them to an appropriate resource.

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RESOURCES ARE AVAILABLE



MIRON-CONSTRUCTION.COM/MENTALHEALTH

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QUESTION. PERSUADE. REFER.

QPR