

# 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.

### CONTACT:



MEREDITH BACIAK  
WELLNESS COORDINATOR  
920.969.7079  
meredith.baciak@miron-construction.com

RESOURCES ARE AVAILABLE



MIRON-CONSTRUCTION.COM/MENTALHEALTH



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QUESTION. PERSUADE. REFER.

# QPR