

Question Persuade Refer

Suicide Prevention Training

Question, Persuade, and Refer (QPR) -- 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. QPR can be learned in either a one hour or a two hour session.

With QPR, the following Chain of Survival elements must also be in place:

- **Early recognition of suicide warning signs.** The sooner warning signs are detected and help sought, the better the outcome of a suicide crisis will be.
- **Early QPR.** Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.
- **Early intervention and referral.** Referral to local resources or calling 1-800-Suicide for evaluation and possible referral is critical, as most people thinking about suicide are suffering from an undiagnosed and/or untreated mental illness or substance abuse disorder for which excellent treatments exist. Also, the offering of hope and social and spiritual support can often avert a suicide attempt
- **Early professional assessment and treatment.** As with any illness, early detection and treatment results in better outcomes and fewer lives lost to suicide.

The NE Prevention Resource Center can offer QPR training to your employees or community group. The training can be conducted in either a one hour or two hour session. As a result of this training, community members or staff will become better educated in helping friends, family, co-workers, or other community members.

Cost of this in-service is dependent on location of request and the number of participants. Contact us for more information.

If you are interested in having a QPR training for your staff, just contact Dodi Haug at the NEPRC at 884-3516 or email dodih@humanserviceagency.org .



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