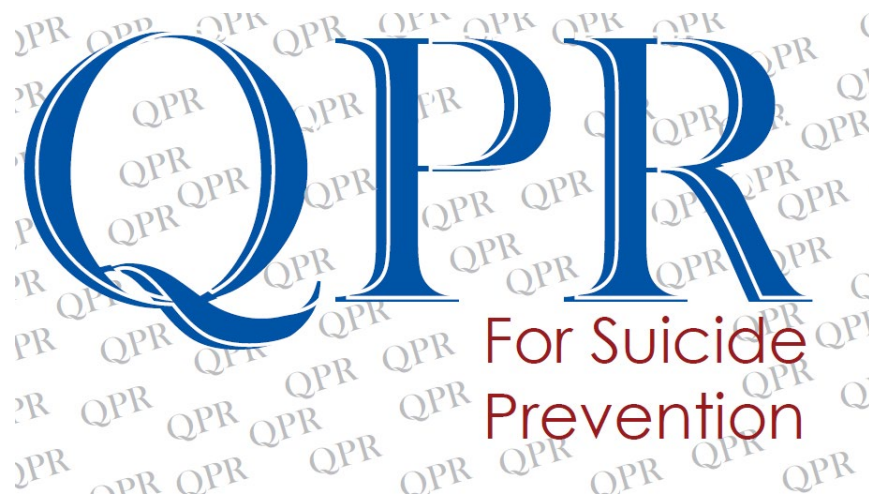


QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

QPR is an **emergency mental health intervention** for people that are in a mental health crisis. The intent of learning QPR is to learn to identify and interrupt the crisis and direct that person to the proper care.

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 people, 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. As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

You will learn to know the warning signs of a suicide crisis: expressions of hopelessness, depression, giving away prized possessions, talking of suicide, securing lethal means, and then taught how to respond.

***WE NEED YOU TO BECOME TRAINED AS A
QPR GATEKEEPER. THE MORE PEOPLE
TRAINED, THE MORE LIVES SAVED***

<https://qprinstitute.com/>