

QPR Training

For Suicide Prevention

Become a QPR Gatekeeper...Learn QPR for Suicide Prevention

What is QPR?

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

Suicide Prevention Gatekeepers:

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone, (including 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.

Why QPR for Suicide Prevention Gatekeepers?

QPR gatekeeper training takes just one hour and is taught in a format that is clear and concise. Gatekeepers are given information that is easy to understand and reinforced by a QPR booklet and card, complete with warning signs, methods to encourage a person to get help and a list of resources available in your community.

For more information or to schedule a QPR training for your department, contact:

EKU Counseling Center, Whitlock 571

Natalie.deering@eku.edu (Outreach Coordinator)

859-622-1303



ASK A QUESTION, SAVE A LIFE