

QPR: QUESTION, PERSUADE, AND REFER



Gatekeeper Training for Suicide Prevention



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 Americans like you are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor.

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

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

Audience: Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide: parents, friends, neighbors, school staff – teachers, nurses, office personnel, counselors, psychologists, and social workers.

**San Diego County Office of Education
No-Cost Virtual Training
1 -2:30 pm**

Click on the month to register for training.

The link will be emailed to registered participants prior to each training. *Please note training is not recorded.



Provider approved by the California Board of Registered Nursing, Provider #13742 for 1.5 contact hours.

