



# The Mental Health Association

*presents:*

## SUICIDE PREVENTION TRAINING

*Now available on line !*

# QPR

## Question, Persuade, Refer

*an evidence based practice*

**QPR stands for Question, Persuade, and Refer** - 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. Each year thousands of Americans, 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.

*QPR was developed by Dr. Paul Quinnett, Ph.D., Founder and CEO of the QPR Institute. Dr. Quinnett has been a clinical psychologist and trainer for more than 35 years.*

### ***How can I access on-line QPR today?***

- On- line QPR training is free- supported by a grant from Summit Endowment.
- Go to <http://www.qprtraining.com/setup.php>.
- At the prompt enter "mhaff" as the organizational code
- You will be required to create an account with a user name and password.
- Then take the course- Don't worry- should you need to step away you can log out and then log back in.

**On-line QPR is a program of the Mental Health Association  
sponsored by the Healthy Franklin County coalition  
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