



# Question, Persuade and Refer

[www.co.washington.or.us/hope](http://www.co.washington.or.us/hope)

[www.qprinstitute.com](http://www.qprinstitute.com)

[www.GetTrainedtoHelp.com](http://www.GetTrainedtoHelp.com)

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## What is QPR?

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

QPR is an educational program that teaches people how to recognize when someone is at risk for suicide and how to get the person at risk the help they need.

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 learn QPR to save a life of a friend, colleague, sibling or neighbor. QPR can be learned in as little as one hour.

QPR is appropriate for anyone and everyone to learn.

## About the training

Washington County Mental Health staff have trained ten community volunteers to be QPR trainers. Trainers come from a variety of backgrounds reflecting our diverse community. We can also provide the training in Spanish. The trainers are able to provide QPR free of charge with support from Washington County Mental Health and a State Mental Health Promotion Grant.

Churches, nonprofits, nurses and other groups have already requested QPR trainings. Anyone can request a QPR training for their group or organization by visiting [www.GetTrainedtoHelp.com](http://www.GetTrainedtoHelp.com).

## What are gatekeepers?

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers include 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.

You are a gatekeeper! Through QPR, gatekeepers learn to recognize the warning signs of suicide, how to offer hope, how to get help and save a life.

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