

QPR: QUESTION. PERSUADE. REFER.

WHAT IS QPR?

QPR stands for Question, Persuade, and Refer – Three simple steps all of us can learn to help save a life from suicide.

Just as people trained in CPR help save thousands of lives each year, those trained in QPR learn how to recognize the warning signs of a suicide crisis.

QPR Gatekeepers can be anyone but include those individuals most present in one's life such as parents, friends, neighbors, doctors, supervisors, forepersons, superintendents, police officers, therapists, firefighters, and many others who are well positioned to recognize and refer someone at risk of suicide.

HOW TO BECOME A QPR GATEKEEPER.

September is National Suicide Prevention Month. In an effort to further education around this important topic, Construction Suicide Prevention Partnership is hosting QPR Gatekeeper training sessions every Friday in September that will be free to the public. Use the links below to register for one of our training sessions focused on, and led by those in, the construction industry. These sessions are open to the public.

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| September 3 | 11am - 1pm | Click Here to Register |
| September 10 | 7 am - 9am | Click Here to Register |
| September 17 | 1 pm - 3pm | Click Here to Register |
| September 24 | 11am - 1pm | Click Here to Register |

INTERESTED IN BECOMING A QPR TRAINER?

Two Training for Trainers ("T4T") classes will also be held for those who wish to become trainers of QPR. These classes require a \$500 registration fee to be paid to the QPR Institute. If you are interested, please fill out the registration request [here](#) and someone will be in touch with further instructions shortly.

[Click Here to Register](#)



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