

<https://qprinstitute.com/>

Our Mission

To save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

What does QPR mean?

• **Q**

Question

• **P**

Persuade

• **R**

Refer

QPR stands for Question, Persuade, and Refer — the 3 simple steps 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.

What is a Gatekeeper?

According to the Surgeon General's National Strategy for Suicide Prevention (2001), 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, but 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.

As a QPR-trained Gatekeeper you will learn to:

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

<https://hopesquad.com/qpr-partnership/>

QPR and Hope Squad® are excited to partner to prevent suicide.

Studies show we are not doing enough to prevent youth suicide. Because one youth lost to suicide is too many, the QPR Institute is pleased to announce a new partnership with Hope Squads® – a Utah based comprehensive community and school-based suicide prevention program.

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Hope Squad members are trained to identify and refer potentially at-risk youth to school counselors. These young people are nominated by their peers and become the eyes and ears of the school for spotting troubled youth and taking quick, bold action to prevent suicidal behavior. Hope Squads, their adult leaders, and other school and community stakeholders will be certified and trained as QPR gatekeepers. The 90-minute QPR Gatekeeper Training for Suicide Prevention program teaches people how to recognize suicide-warning signs, ask about suicide, and persuade people to accept professional help. As a universal intervention for troubled youth and others, QPR has been taught to more than two million people worldwide.

The Hope Squad program has 12 years of experience, supporting independent research from the University of Utah, and has received national recognition for its effectiveness and integrated community model. Hope Squads employs the same approach to community-based suicide prevention as does the QPR institute, and has developed adult-led, school-based peer support teams.

To learn more about QPR please visit QPR at qprinstitute.com

