



Become a QPR Gatekeeper Learn QPR for Suicide Prevention

QPR is not intended to be a form of counseling or treatment.

QPR is intended to offer hope through positive action.

QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.

SUICIDE PREVENTION GATEKEEPERS

A gatekeeper is anyone trained to recognize a suicide crisis and, because of their training, knows how and where to find help.

WHY QPR FOR SUICIDE PREVENTION GATEKEEPERS?

QPR gatekeeper training takes just 90-minutes and is taught in a format that is clear and concise. Gatekeepers are given information that is easy to understand and reinforced by a QPR booklet and card complete with warning signs, methods to encourage a person to get help and a list of resources available in your community.

WHO TEACHES QPR GATEKEEPERS?

QPR was created and developed by Paul Quinnett, Ph.D. of Spokane, Washington. Dr. Quinnett began a QPR Instructor Certification Program to allow qualified candidates to teach QPR and increase the number of gatekeepers trained to act in a bold and positive manner to prevent a suicide and save a life.

ASK A QUESTION, SAVE A LIFE