

BECOME A QPR GATEKEEPER: LEARN QPR FOR SUICIDE PREVENTION

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

QPR is intended to offer hope through positive action.

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

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.