

Q.P.R.

Question. Persuade. Refer.



Southeast Kansas
Mental Health
Center



Suicide Awareness and Prevention Training

What is QPR?

QPR is an emergency mental health intervention for suicidal persons created in 1995 by Dr. Paul Quinnett.

QPR training equips you with the tools to identify an individual in crisis and assist them in accessing proper care.

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Three simple steps anyone can learn
to help save a life from suicide.

Make a Difference

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.

Learn QPR in our Gatekeeper Course in as little as one hour.

Who Can Benefit from QPR Training?

- Parents
- Friends
- Teachers
- Nurses
- Office Supervisors
- Police Officers
- Firefighters
- EVERYONE



www.sekmhc.org
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