



# QPR

*Question, Persuade, Refer*  
Suicide Prevention Training

With respect to COVID-19 requirements, the Chester County Suicide Prevention Task Force is offering virtual QPR classes to groups of up to 20 adult participants.

Due to the nature of the material, and based upon recommendations by Prevent Suicide PA, participants will be asked to remain on camera for the entire class. We encourage consideration of personal experience, especially a loss by suicide, when deciding to take the training in a virtual format.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR (*Question, Persuade, Refer*) learn how to recognize the warning signs of a suicidal crisis and how to question, persuade, and refer someone to help.

QPR is a nationally recognized suicide prevention training researched and developed by Paul Quinnett, PhD, a clinical psychologist and founder of the QPRInstitute, ([www.qprinstitute.com](http://www.qprinstitute.com)). The program was created for every-day citizens, and requires no clinical training or education.

Upon completion of the two hour class, participants are certified as *Gatekeepers*. These individuals may be parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, police officers, caseworkers, fire fighters, or most anyone in a position to recognize and refer someone at risk of suicide. *Gatekeepers* are trained to recognize warning signs of individuals who may be contemplating suicide. They help by following the simple QPR steps and by providing hope.

***Would you like to become a Gatekeeper?***

***Sign up for one of the classes listed at [this link](#) or contact the Task Force at [ccsptaskforce@gmail.com](mailto:ccsptaskforce@gmail.com).***

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[www.chestercountysuicideprevention.com](http://www.chestercountysuicideprevention.com)