QPR QUESTION, PERSUADE, REFER
SUICIDE PREVENTION TRAINING

QPR is a 90 minute training intended to foster a community of care by teaching individuals how to recognize the warning signs of suicide, including verbal, behavioral, and situational clues. The training provides guidelines on how to Question a person about suicidal thoughts, Persuade them to get help, and Refer them to campus and/or local resources. The training is both educational and experiential and includes:

- An overview of statistics regarding suicide
- Myths versus facts
- Behavioral, verbal, and situational warning signs
- Concrete tools for helping someone in distress
- Role plays in small groups to practice these skills

UPCOMING QPR SESSIONS FOR FACULTY & STAFF:

To register for these sessions, please log in to the Learning & Development portal.

- Fri., Aug. 12th from 10:30 AM - 12 PM (Virtual)
- Fri., Sept. 9th from 11AM - 12:30 PM (Virtual)
- Thurs., Oct. 13th from 2 - 3:30 PM (Virtual)
- Wed., Nov. 2nd from 10:30 AM - 12 PM (Virtual)
- Thurs., Dec. 15th from 10:30 AM - 12 PM (Virtual)