

## **QPR stands for Question, Persuade and Refer**

**QPR** is a one hour presentation that covers the three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in more than 48 states.

### **The QPR Model**

Like CPR in the “Chain of Survival” for medical emergencies, successful QPR requires the following:

- **Early recognition of suicide warning signs.** The sooner warning signs are detected and help sought, the better the outcome of a suicide crisis will be.
- **Early QPR.** Asking someone about the presence of suicidal thoughts and feelings opens up a conversation, lowers risk and may lead to a referral for help.
- **Early intervention and referral.** Referral to local resources or calling 1-800-SUICIDE for evaluation and possible referral is critical, as most people thinking about suicide are suffering from an undiagnosed and/or untreated mental illness or substance abuse disorder for which excellent treatments exist. Also, the offering of hope and social and spiritual support can often avert a suicide attempt
- **Early professional assessment and treatment.** As with any illness, early detection and treatment results in better outcomes and fewer lives lost to suicide

In CPR the general public is educated about the classic signs of a heart attack: pressure, fullness, squeezing and pain in the center of the chest, sweating, and other symptoms, and how to respond with a simple intervention. In QPR the general public is educated about the known warning signs of a suicide crisis (AAS, 2003), e.g., expressions of hopelessness, depression, giving away prized possessions, talking of suicide, securing lethal means and how to respond with a simple intervention.