

QPR Gatekeeper Training for Suicide Prevention

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Description

QPR (Question, Persuade and Refer) Gatekeeper Training for Suicide Prevention teaches three simple steps that anyone can learn to help save a life from suicide. Gatekeepers are those who are strategically positioned to recognize and refer someone at risk of suicide. Gatekeepers can be anyone, including caseworkers, office supervisors, teachers, friends, family members, neighbors, faith leaders, doctors, nurses, police officers, firefighters, etc. QPR Gatekeeper Training for Suicide Prevention is listed on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices and the Best Practices Registry for Suicide Prevention. Upon completion of the training, participants receive a QPR booklet and wallet card as a review and resource tool that includes local resources.

Learning Objectives

As a QPR-trained Gatekeeper, you will:

1. Recognize the warning signs of suicide
2. Learn how to:
 - a. Question a person's desire or intent regarding suicide
 - b. Persuade the person to seek and accept help
 - c. Refer the person to appropriate resources
3. Know how to offer hope
4. Know how to get help for someone in crisis

Training Outline

- Introductory Video
- National and Connecticut Statistics
- Suicide Myths and Facts
- Suicide Clues and Warning Signs
- How to Ask the Question
- How Not to Ask the Question
- How to Persuade the Person to Seek and Accept Help
- How to Refer the Person to Appropriate Resources