

# Prevent Suicide with QPR



Question



Persuade



Refer

## What is QPR?

QPR (Question, Persuade, Refer) is an evidence-based emergency mental health intervention.

QPR Gatekeeper training offered by the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties is a one-hour training that teaches participants to recognize the signs of suicide and the steps to getting a person to help.

## Who should take QPR?

QPR Gatekeeper training is recommended for professionals, family members, and community members. Because of the nature of suicidal warning signs, and who is most likely to recognize and respond to them, it is the goal of the QPR Institute for 1 in 4 individuals, or one individual per family, to be trained to prevent suicide.

***In short, the more people trained in QPR, the more lives saved.***

ONLY TAKES



Minutes

OVER

**2,500,000**

People trained  
worldwide

**For more information about this and other trainings offered by CMHA-CEI, or to schedule a training, contact the Prevention and Wellness Specialist at 517-887-5232 or at [prevention@ceicmh.org](mailto:prevention@ceicmh.org)**

## Ask a question, save a life



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