

QPR (QUESTION. PERSUADE. REFER.)



Suicide Prevention Gatekeeper Training

Suicide is the **10th** leading cause of death in the U.S.¹



Pennsylvania suicide rates, especially in rural counties, are **higher** than the national average²

Everyone has a role in preventing suicide.

To learn how you can support your community and learn how to intervene to prevent suicide, register for one of the following training sessions today!

Sessions are open to **anyone** and will be delivered via Zoom.

Mon.	October 17	1pm-3pm
Wed.	October 26	10am-12pm
Mon.	October 31	12pm-2pm
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Mon.	November 7	9am-11am
Thurs.	November 17	9am-11am
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Fri.	December 9	9am-11am
Thurs.	December 15	1pm-3pm
Mon.	December 19	12pm-2pm

Optional, one-hour sessions on **Counseling on Access to Lethal Means (CALM)** will be offered following select QPR sessions. CALM is designed for professionals who work with people at risk for suicide to learn how to help individuals reduce access to lethal means, such as firearms and medication, during a crisis.

Interested participants should register for QPR and CALM sessions separately at the included link.

QPR is a two-hour educational program designed to teach professionals as well as lay “gatekeepers” the warning signs of a suicide crisis and how to respond. A **gatekeeper** is someone in a position to recognize a crisis and warning signs that someone may be at risk of suicide³.

The QPR process follows three steps:

- 1** Question the person’s desire or intent regarding suicide.
- 2** Persuade the person to seek and accept help.
- 3** Refer the person to appropriate resources.

Free Continuing Education Credits Available!

LSW/LCSW/LPC/LMFT

Mercyhurst University’s Department of Social Work is accredited by the Council on Social Work Education and is an approved provider of Social Work, Marriage & Family Therapist and Professional Counselor continuing education by the Pennsylvania State Licensing Board.

AMA CME/CNE

In support of improving patient care the University of Pittsburgh is jointly accredited by the American Nurses Credentialing Center (ANCC) to provide continuing education for the health care team. The University of Pittsburgh designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

EMS

This program has been approved by PADOH for EMS for Con.-ed.

To register, visit: <http://bitly.ws/vg8V>

Questions? Email nwpaveteran@pitt.edu

¹ CDC. (2021, January 21). Fast Facts. www.cdc.gov. <https://www.cdc.gov/suicide/facts/index.htm>

² Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System In: 2017.

³ QPR Institute: Practical and proven suicide prevention training. QPR Institute