



What is QPR? QPR stands for Question, Persuade, Refer – a three-step process in addressing individuals at risk of suicide. QPR is a widely used, evidence-based suicide prevention curriculum that teaches individuals to recognize someone at risk, intervene with confidence and competence, and refer them to the appropriate source to receive the help they need.



Who is QPR for? QPR is for anyone who has had limited training in suicide prevention and would benefit from understanding their role in preventing suicide. QPR helps trainees feel empowered with skills/tools to help. QPR is widely accessible due to its short length and simplified outline of basic intervention strategies.

Learning Objectives:

- Recognize warning signs for someone who may be thinking about suicide
- Learn to ask about suicide
- Gain skills to persuade someone to live
- Learn how to connect someone to resources

Ways to Connect:

[Become a QPR Trainer](#)

[Attend a QPR Training](#)

If you're a current trainer, you're welcome to join the Monthly QPR Learning Collaborative, hosted by Lines for Life, which takes place on the first Tuesday of the month at 10 AM.

If you're interested in hosting a QPR training in your community or organization, please complete the [QPR Training Request Form](#).

For additional details, contact:

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