



QPR (Question Persuade Refer)

Setting
Communities

Type of Program
Education & Training

NSSP Goals Addressed
6.2 to 6.8

Description

QPR stands for *Question, Persuade and Refer*, an emergency mental health gatekeeper training intervention that teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. Like CPR, QPR uses a “chain of survival” approach in which the gatekeeper learns to recognize early suicide warning signs, Question their meaning to determine suicide intent or desire, Persuade the person to accept or seek help, and Refer the person to appropriate resources. The training is delivered in a standardized 1-2 hour multimedia format by certified QPR gatekeeper instructors. Certified instructors receive a minimum of eight hours of formal instruction, are certified for 3-year intervals, and are provided technical and web-based support, quarterly newsletters, and free program upgrades. QPR gatekeepers receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources. QPR does not include suicide risk assessment training.

QPR was developed in a joint venture between Spokane Mental Health and the Department of Health, Spokane County, Washington. Materials were written and reviewed by public health and mental health experts and a brief training program was designed to teach gatekeepers knowledge and skills in the recognition and referral of at risk persons. Training materials are available in multiple languages and cultural adaptations.

Program Objectives

After training, QPR participants should be able to:

1. Recognize someone at risk for suicide,
2. Intervene with those at risk; and,
3. Refer them to an appropriate resource.

Implementation Essentials

- Training must be conducted by a certified QPR instructor.
- Training must include standardized PowerPoint slides, and distribution of the QPR Booklet and wallet card.

Contact Information

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Costs

QPR Certified Gatekeeper Instructor Training (8 hours)	
Fee (in person or self-study)	\$495.00
Recertification (after 3 years)	\$85.00
Materials (QPR booklet & card)	\$2.00 (per set)

QPR Training (1-2 hours)	
Fee (in person)	(varies per instructor)
Fee (online)	\$29.95

*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practice Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not been reviewed for evidence of effectiveness. Additional information about the Best Practice Registry can be found at www.sprc.org.