



# “QPR: Question, Persuade and Refer” Gatekeeper Training for Suicide Prevention

Anyone can learn these 3 simple steps to help save a life

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Each year, thousands of Americans like you are saying “**Yes**” to saving the life of a friend, colleague, sibling, or neighbor.

QPR can be learned in this Gatekeeper course in as little as one hour.

**In the United States, one person dies by suicide every 16 minutes.  
In San Diego County, one person dies by suicide every day.**

As a QPR-trained Gatekeeper, you will learn to:

- Recognize warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

**Audience:** Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters, and many others

**Cost:** Funded by the County of San Diego and offered for *FREE* on behalf of the San Diego County Suicide Prevention Council

**Questions:** Holly Salazar  
hsalazar@sdchip.org  
858-609-7966

Go to [www.sdchip.org/suicide-prevention-training.aspx](http://www.sdchip.org/suicide-prevention-training.aspx) to schedule a training.



**San Diego Access & Crisis Line (800) 479-3339**

**24 hours a day, 7 days a week**

**[www.up2sd.org](http://www.up2sd.org)**



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