

QPR: Question, Persuade, Refer

Training for Suicide Prevention & Intervention

QPR trains you on:

- Recognizing suicide warning signs
- Ways to initiate conversation
- Methods of providing help and hope

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



As CPR is for the heart, QPR is for the mind.



Who Is This Training For?

Anyone in a position to recognize that someone may be contemplating suicide: parents, friends, teachers, many others

Who Should Take This Training?

If you are or work with ... individuals working at-risk populations, military/veterans, LGBTQ, TAY, school staff, community members



How much does the training cost?

FREE on behalf of the San Diego County Suicide Prevention Council



How Long Does it Take?

QPR can be learned in as little as one hour

San Diego Access & Crisis Line
(888) 724-7240
24 hours a day, 7 days a week
www.up2sd.org

Questions & Scheduling
To attend or host a training
Contact:

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