

# QPR:

# Question, Persuade,

# Refer



## ***A free community suicide awareness/prevention training***

Through the Suicide Prevention Foundation, Area Agency on Aging District 7 (AAA7) staff have been trained to provide the community educational program QPR: Question, Persuade and Refer. Much like the well-known CPR, the fundamentals of QPR are easily learned and applied through a short training which can be done virtually or online. QPR, like CPR, functions as a “chain of survival,” allowing lay persons and professionals to respond to a life-threatening event: suicidal crisis. The training provides a booklet for each participant which becomes the resource to assist suicidal persons and is an instrumental part of the training. Teachers, coaches, local clergy, police officers, and any community individual can learn the QPR method to help recognize signs and clues of suicidal behavior, how to approach and communicate with a suicidal person, and where to refer them for assistance.

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### **Upcoming Training Dates (all 10:00 am – 12 Noon): June 6<sup>th</sup>, August 2<sup>nd</sup>, October, 4<sup>th</sup> and December 6<sup>th</sup>**

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If you or someone you know would be interested in participating, or if you have questions about the training, please call the AAA7 Training Department:

**1-800-582-7277, extension 252**

**e-mail: [info@aaa7.org](mailto:info@aaa7.org)**

To register for the training, log on to [www.aaa7.org](http://www.aaa7.org), go to the “Training” tab and click on “Training Registration”.

