

# QPR TRAINING

*As adapted by the Chaminade University Counseling Center*

## **What is QPR?**

QPR is a nationally certified suicide prevention training that teaches you how to help someone in crisis. Once you complete the one hour in person or zoom training session, you will be well equipped to take the lead on suicide prevention.

## ***Question Persuade Refer***

### **What will you learn?**

**SUICIDE MYTHS  
AND FACTS**

**RECOGNIZE  
WARNING SIGNS**

**EFFECTIVE  
REFERRALS**

**UNDERSTAND THE  
ROLE OF HOPE**