

QPR TRAINING

Being trained in QPR allows any person to recognize the warning signs, suicidal ideation and respond effectively. This brief, yet thorough, training will show you how to help someone in crisis.

Suicide Prevention Awareness:

College students are at an increased risk for dying by suicide due to the pressure they face. According to data from the Department of Health, over the past four years, the no. 1 cause of death in Hawaii for people between the ages 15 and 44 was suicide. Being trained in QPR can prevent suicide.

What is QPR?

QPR is a Nationally Certified Suicide Prevention Training. It stands for
Question
Persuade
Refer

Who is QPR Training for?

QPR is for everyone! This training is recommended for students, staff, and faculty. Once trained, you will be able to help family, friends, coworkers, and even strangers!

How do I become trained at Chaminade?

You can sign up for QPR training online. There will be several online and in-person trainings on campus throughout the school year. This is a one-hour training.

Goals of QPR Training:

Once trained in QPR, you will be able to understand the role of hope and learn how to take the lead on suicide prevention.

Crisis Resources

Campus Security: (808) 735-4792

Immediate Assistance: 911

Hawaii CARES and Ku Makani (Covid-19 Crisis) at (808) 832-3100 or toll free at 1-800-753-6879.

988 Suicide and Crisis Lifeline: Call or text 988 or chat 988lifeline.org

Crisis Text Line: text START to 741-741

Trans Lifeline: 1-877-565-8860 (US) or 1-877-330-6366 (Canada)

Trevor Helpline for LGBTQ youth:

1-866-4U-TREVOR (488-7386) or text START to 678-678

Military One Source: 1-800-342-9647.

Veterans Crisis Line: 988 (press 1) or text 838255

National Sexual Assault Hotline: (Rape, Abuse, Incest National Network, RAINN) 1(800)656-4673

The Sex Abuse Treatment Center: (808) 524-7273

National Domestic Violence Hotline:

1 (800) 799-7233 or go to

www.thehotline.org/help/

to Live Chat 24/7/365 or text START to 88788

What will you learn during QPR?

- Suicide myths and facts
- Suicide risks and warning signs
- Tips for asking the suicide question
- How to persuade someone to stay alive
- Effective referrals

Sign up for QPR training today with this QR code!



Chaminade Counseling Center

Phone:
(808) 735-4845

Email:
counselingcenter@chaminade.edu

Instagram:
[chaminadecounseling](https://www.instagram.com/chaminadecounseling)

Website:
chaminade.edu/student-life/counseling-center

