



PPCC Emergency Management for Higher Education (EMHE)

Coffee Break Training #2

Topic: Question Persuade Refer (QPR)



QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons.

With QPR, the following Chain of Survival elements must be in place:

- **Early recognition of suicide warning signs.** The sooner warning signs are detected and help sought, the better the outcome of a suicide crisis will be.
- **Early QPR.** Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.
- **Early intervention and referral.** Referral to local resources or calling 1-800-Suicide for evaluation and possible referral is critical, as most people thinking about suicide are suffering from an undiagnosed and/or untreated mental illness or substance abuse disorder for which excellent treatments exist. Also, the offering of hope and social and spiritual support can often avert a suicide attempt
- **Early professional assessment and treatment.** As with any illness, early detection and treatment results in better outcomes and fewer lives lost to suicide.

QPR is a simple 1 hour educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved. PPCC/EMHE is offering QPR training to anyone wishing to attend. Please Contact Cheryl Downey at Cheryl.Downey@ppcc.edu or 502-4690 to set up a training for your department.