



## Faith Based QPR

Here's what we know and why we offer this training:

- Faith leaders have been identified as "key gatekeepers" for suicide prevention and have frequent contact with persons at elevated risk for suicide.
- Faith leaders often engage with those who have attempted suicide, or the friends and family members of those who have died by suicide.
- Faith leaders are not immune to stress, depression, and other problems which may trigger suicidal thoughts. This training program is designed to address suicide risk among faith leaders, their staff, their families, and their students.
- While perceived comfort and competence in conducting suicide interventions or dealing with suicide events varies considerably, many clergy have not had specific and evidence-based suicide prevention training that would be beneficial to their work.
- Additional review and online self study course qualifies the learner for a QPR for Clergy Certificate in Suicide Prevention

**Finally, the primary goals of the QPR Institute are these:**

- Raise public awareness about suicide and its prevention.
- Provide low-cost, high-tech, effective, basic Gatekeeper and intervention skills training to lay persons who may be able to prevent a suicide.
- Provide evidence-based suicide prevention and intervention training programs for a variety of professionals and community members.

If this sounds like an "army" of people helping to prevent suicide, it is. Now, with your help, we will create a new division in that army, marching under the banner of their faith. Our mission is at once moral, urgent, and greatly needed. Around the world, suicide rates are rising. All hands and hearts are needed now. Saving a single life is worth all of our collective effort.

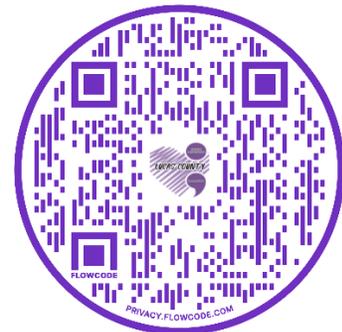
SURVEY



NAMI



QPR



*Often times, the simple offering of hope and social and spiritual support can avert a suicide attempt entirely.*



**MERCY  
HEALTH**



## QPR

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

What is a Gatekeeper? According to the Surgeon General's National Strategy for Suicide Prevention (2001), *a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide*. Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

The QPR Model Like CPR in the "Chain of Survival" for medical emergencies, successful QPR requires the following:

- 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, lowers risk and 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.

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