

# QPR (QUESTION. PERSUADE. REFER.)



## Suicide Prevention Gatekeeper Training

Suicide is the **10th** leading cause of death in the U.S.<sup>1</sup>



Pennsylvania suicide rates, especially in rural counties, are **higher** than the national average<sup>2</sup>

### Everyone has a role in preventing suicide.

To learn how you can support your community and learn how to intervene to prevent suicide, register for one of the following training sessions today!

Sessions are open to **anyone** and will be delivered via Zoom.

Fri.	April 8	11am-1pm
Wed.	April 20	11am-1pm
Thu.	April 28	12pm-2pm
Mon.	May 2	11am-1pm
Fri.	May 13	11am-1pm
Wed.	May 18	12pm-2pm
Fri.	June 3	11am-1pm
Tue.	June 7	8am-10am
Wed.	June 29	8am-10am
Wed.	August 3	1pm-3pm
Fri.	August 5	11am-1pm
Wed.	August 31	8am-10am

To register, scan the QR code or visit:



[perumt.pharmacy.pitt.edu/vspp-registration](http://perumt.pharmacy.pitt.edu/vspp-registration)

QPR is a two-hour educational program designed to teach professionals as well as lay “gatekeepers” the warning signs of a suicide crisis and how to respond. A **gatekeeper** is someone in a position to recognize a crisis and warning signs that someone may be at risk of suicide<sup>3</sup>.

The QPR process follows three steps:

- 1 Question** the person's desire or intent regarding suicide.
- 2 Persuade** the person to seek and accept help.
- 3 Refer** the person to appropriate resources.

## Free Continuing Education Credits Available!

### ACT 48 CEUs

IU5 disclaimer: This program has been designed by the Northwest Tri-County Intermediate Unit, a PDE-approved provider, or its subcontractor, to meet PDE criteria for the award of Act 48 hours, which may or may not be PIL approved. Act 48 hours for this activity may or may not be eligible for award based on your school entity's professional education plan. It is your responsibility as an educator to ensure that you participate in appropriate, content-specific professional development.

### LSW/LCSW/LPC/LMFT

Mercyhurst University's Department of Social Work is accredited by the Council on Social Work Education and is an approved provider of Social Work, Marriage & Family Therapist and Professional Counselor continuing education by the Pennsylvania State Licensing Board.

### AMA CME/CNE

In support of improving patient care the University of Pittsburgh is jointly accredited by the American Nurses Credentialing Center (ANCC) to provide continuing education for the health care team. The University of Pittsburgh designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### EMS

This program has been approved by PADOH for EMS for Con.-ed.

<sup>1</sup> CDC. (2021, January 21). Fast Facts. [www.cdc.gov. https://www.cdc.gov/suicide/facts/index.htm](https://www.cdc.gov/suicide/facts/index.htm)

<sup>2</sup> Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System In: 2017.

<sup>3</sup> QPR Institute: Practical and proven suicide prevention training. QPR Institute