

# QPR

## Ask A Question, Save A Life

**QPR** (Question, Persuade, Refer) is a suicide prevention training program for gatekeepers. **QPR** can be offered in as little as 90 minutes to non-professional staff to teach them how to ask the right questions and get help for the individuals who may be at risk of suicide. **QPR** aims to increase gatekeepers' skills for engaging the suicidal person to discuss their distress, provide hope, and refer to those who can formally assess and intervene with the suicidal individual.

PEI's Partners in Suicide Prevention Team and additional DMH staff have received training in **QPR** and are ready to train the gatekeepers.

Organizations who you think will benefit from this training and are interested in receiving the **QPR** training can contact Nelly Arias, MCWII from Partners in Suicide Prevention at 213-739-5410 or by email at [suicideprevention@dmh.lacounty.gov](mailto:suicideprevention@dmh.lacounty.gov)