



**Reach UR Life (RUL)
Suicide Prevention Program
Native Americans for Community Action, Inc. (NACA)**

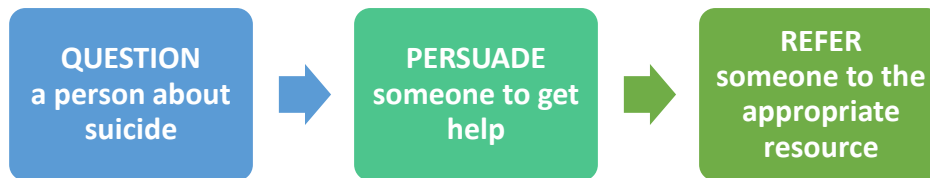
FREE SUICIDE PREVENTION TRAINING

QUESTION, PERSUADE, REFER (QPR)

QPR Gatekeeper Training for Suicide Prevention Training

- 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.
- QPR is designed to train anyone how to offer hope and take action when they are concerned that someone may be at risk of suicide. QPR is not a form of counseling or treatment.
- It focuses on training a participant to be a "Gatekeeper" or someone in a position to recognize a crisis and the warning signs that an individual may be thinking of or contemplating suicide.
- QPR meets the requirements for listing in the National Registry of Evidence-Based Practices and Policies (NREPP).

The training consists of three skills:



The training can be completed in one hour and is taught in a format that is clear, concise and applicable for a wide variety of audiences. Gatekeepers are given information that is easy to understand and reinforced by a QPR booklet and wallet-sized card complete with warning signs, methods to encourage a person to get help, and a list of resources available in the community.

In-Person
RUL certified instructors are available to provide and conduct in-person trainings upon request. Location and marketing of training are to be coordinated by the planning host, organization or agency.

Training Options

Online
Participants can choose this option and learn the skills at their own pace within a designated timeline. Participants must be 18 years old or older and agree to training requirements.



For more information or to register for the online training, contact:

Roberta Draper, RUL Training Coordinator
2717 N. Steves Blvd, Suite 11
Flagstaff, AZ 86004
Email: rdraper@nacainc.org
Phone: (928) 526-2968, ext. 129