



**QUESTION.
PERSUADE.
REFER.**

Suicide Prevention Training

Suicide is the **10th** leading cause of death in the U.S.¹



Pennsylvania suicide rates, especially in rural counties, are **higher** than the national average²

QPR is a two-hour educational program designed to train people as gatekeepers about 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 risk³.

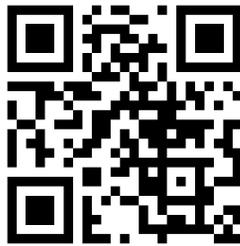
- 1** **Question** the person's desire or intent regarding suicide.
- 2** **Persuade** the person to seek and accept help.
- 3** **Refer** the person to appropriate resources.

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 an upcoming training session today!

Trainings are open to **anyone** and will be delivered **virtually, via Zoom**.

SIGN-UP TODAY!



tinyurl.com/SPTrain2025

QPR Training Sessions (virtual)

Tuesday, January 13, 2026

10:00 a.m. – 12:00 p.m.

Thursday, February 12, 2026

1:00 p.m. – 3:00 p.m.

(Consider registering for the CALM training session scheduled right after this)

This activity is approved for the following credit: ANCC, ASWB and APA and AMA PRA Category 1 Credit™.

Questions? Contact Chris at 412-383-3926 or chirdon@pitt.edu

¹ 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)

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

³ QPR Institute: Practical and proven suicide prevention training. QPR Institute