



QPR INSTITUTE

Sponsored by DESE - Project AWARE

WHAT IS QPR

The QPR Institute's mission is to save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training.

We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

WHAT IS A QPR GATEKEEPER

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

QPR Gatekeepers can be anyone, but include

- Parents
- Teachers
- Ministers
- Youth
- Doctors
- First Responders
- Mental Health Professionals
- And YOU!

AS A CERTIFIED QPR GATEKEEPER YOU WILL LEARN TO

1. Recognize the warning signs of suicide
2. Increase awareness of stigma and understand suicide as a public health issue
3. Know how to offer hope
4. Know how to access local and national referral resources
5. Know how to get help and save a life



TRAINING INFORMATION

FORMAT

- In Person course - 2 hours
- Virtual course - 90 minutes

LOGISTICS

- Course size - up to 30
multi-course option available for larger groups
- Schools choose their own date and time

CONTACT INFORMATION

For additional information or questions, email:
info@mhfamissouri.org

or visit our website at: **<https://mhfamissouri.org/dese-application/>**