

# QPR

## QUESTION PERSUADE REFER

### About QPR...

QPR is suicide prevention training that teaches people to recognize the signs that someone may be considering suicide. QPR is three steps anyone can learn to help prevent suicide.

### What you'll learn...

- How to question, persuade and refer someone who may be suicidal
- How to get help for someone in a crisis
- Common causes of suicidal behavior
- Warning signs of suicide

#### 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.**

#### 2 Courses Available

March 26, 2026  
1:00 PM- 3:00 PM

September 17, 2026  
9:00 AM - 11:00 PM

**No cost but registration is required.  
Limited seating.**

**Training sponsored by and held at Lebanon County MH/ID/EI  
220 East Lehman Street, Lebanon 17046**

**To register send an email to:**

**Monica.Boyer@lebanoncountypa.gov**

**Please indicate the session you would like to attend.**

