



Q P R

A Public Education Initiative for Suicide Prevention In Bucks County

QUESTION ♦ **PERSUADE** ♦ **REFER**

Three simple steps anyone can learn to help prevent suicide.

What is QPR?

QPR is a training that helps individuals to understand and recognize a mental health crisis. By learning QPR, you will come to recognize the warning signs, clues and suicidal communications of people in trouble and gain the skills to act vigorously to prevent a possible tragedy. QPR is not a form of counseling or treatment. Rather it is intended to offer hope through positive action. The training is 2 hours long but the skills last a lifetime. For more information about QPR visit: www.qprinstitute.com

Why Have QPR Trainings?

Suicide is a significant health issue, but it is a silent one. In the U.S. about 44 people die by homicide each day and it is on the news followed by lots of community and political discussions about how to reduce such crime rates. Yet 122 people die in the U.S. each day by suicide and because of stigma and fears surrounding suicide it is rarely spoken about. Research indicates that 1) at least 6 people are significantly impacted by the loss of each individual to suicide, 2) 60% of Americans will personally know someone who dies by suicide and 3) 20% of us will experience a suicide in our immediate family. By using QPR skills to help prevent a suicide and get someone help, we also help to prevent the collateral grief and suffering of their family members and friends.

Who Can Be Trained?

Anyone and Everyone can and should be trained. The program is designed to be given to the general public, but can be versatile to meet needs of specific populations, (police, school staff and students, clergy, etc). Individuals need not have any kind of special experience or skills prior to taking the QPR training.

The more people trained – the more lives saved.

What is a Typical Training Like?

The training consists of straightforward information & education through a power point presentation. This is supplemented with several video clips, information from the trainers' personal experiences, exercises using skills discussed and some role play practice to develop comfort level with the skills. All QPR participants receive a 41page QPR booklet that provides extensive information on the QPR process/steps and a QPR reminder wallet card that has room for emergency/resource phone numbers. We also provide resource pocket card with Bucks County specific resources for a variety of issues.

The optimal group size for a training is 8 to 30 people. Depending on the size and make-up of the group there may be 1 or 2 trainers to facilitate the training.

Where Do Trainings Take Place?

We can schedule trainers to come to your facility or we can schedule a training at one of a number a county facilities throughout Bucks County.

What is the Cost of Training?

The training is free of charge but donations are always welcomed as they help the Suicide Prevention Task Force in its continuing mission to end suicide deaths in Bucks County.

The Bucks County Suicide Prevention Task Force has Certified QPR Trainers



To schedule a training for your organization
contact Keeley Rosenthal at:

215-444-2880 or kwrosenthal@buckscounty.org



Trainings are sponsored by Magellan Healthcare.

They are provided by Bucks County Suicide Prevention Task Force, in partnership with Bucks County MH/DP.

