

**GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED**



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FOR IMMEDIATE RELEASE

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QUESTION, PERSUADE, REFER (QPR) TRAINING TO BE OFFERED

Question, Persuade, Refer (QPR) is a 1-hour training that teaches 3 simple steps anyone can learn to help save a life from suicide. The QPR training will be held on August 9th, 2022, at noon. This is a free, virtual training open to the public.

Just as people are trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warnings signs of a suicide and how to question, persuade, and refer someone to help.

“We understand the need for mental health trainings in our community. Trainings like QPR will allow the community to be better prepared to have conversations about suicide prevention and have an overall impact on our community members,” said Heidi Gullickson, the Executive Director of Brookings Area United Way.

QPR is intended for people and organizations that make up the fabric of a community. Professionals who regularly interact with people such as teachers, police officers, nurses, human resource directors, primary care workers, school/college leadership, faith communities, and friends and family of individuals with mental illness or addiction, and community members are encouraged to attend.

Deadline for registration is August 8th. Contact Brookings Area United Way, at heidi@brookingsunitedway.org or call 605-692-4979 for more information. Register at <https://brookingsunitedway.org/qpr/>.

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