

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



*Contact* Heidi Gullickson  
*Telephone* 605-692-4979  
*Email* [uw@brookingsunitedway.org](mailto:uw@brookingsunitedway.org)  
*Website* [www.brookingsunitedway.org](http://www.brookingsunitedway.org)

FOR IMMEDIATE RELEASE

March 13, 2023

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

Brookings, SD – A Question, Persuade, Refer (QPR) training will be held on April 6th from 11:00 am-12:00 pm. QPR is a 1-hour training that teaches three simple steps anyone can learn to help save a life from suicide. This is a free, in-person training at the new United Way office located at 908 Hope Drive, Brookings, SD 57006. An optional networking lunch from 12:00 pm to 1:00 pm will be provided for those registered.

Just as people are trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of 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 all 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, community members are encouraged to attend.

The deadline to register is April 5th. Contact Brookings Area United Way at [uw@brookingsunitedway.org](mailto:uw@brookingsunitedway.org) or call 605-692-4979 for more information. Register at <https://brookingsunitedway.org/qpr/>

####