

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



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

FOR IMMEDIATE RELEASE  
April 10, 2023

## QUESTION, PERSUADE, REFER TRAINING RECENTLY OFFERED

Brookings, SD - Brookings Area United Way hosted a 1-hour Question, Persuade, & Refer (QPR) training to 9 participants on April 6<sup>th</sup>. QPR teaches people three simple steps anyone can learn to save a life.

“Through one QPR training, we now have 9 more individuals in the community better equipped to approach mental health and suicide. As we begin recognizing the struggles in our community, trainings like QPR can have a big impact,” said Heidi Gullickson, 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.

Other mental health trainings available in Brookings can be found on the Brookings Area United Way website under the trainings tab, <https://brookingsunitedway.org/trainings/>. If you are interested in hosting a training for your business or organization or if you have questions, please contact Heidi Gullickson, Brookings Area United Way, at [heidi@brookingsunitedway.org](mailto:heidi@brookingsunitedway.org) or call 605-692-4979.

####