

Free Community Trainings from NKHS

Q = Question
P = Persuade
R = Refer



“Like CPR, QPR is an emergency response to someone in a suicide crisis. Also, like CPR in the Chain of Survival from a life-threatening medical crisis, early recognition of warning signs, early intervention and early professional assessment and care can save lives.” - QPR Institute

NKHS offers QPR Gatekeeper Training for people of any age to raise awareness, dispel myths and misconceptions, and teach three skills that can help save a life. A QPR trainee will learn to recognize the warning signs of suicide, how to offer hope, how to get help and save a life.

What to expect in the 90 minute to 2-hour training:

- Complete the Pre-Training survey
- The instructors allow time for questions, comments, and reactions to the QPR concepts and skills at any time – this is an interactive training
- Watch the introductory video, About Suicide
- Watch the Introduction to QPR video
- Learn QPR, a PowerPoint presentation.
 - Review common myths, misconceptions, and statistics about suicide and warning signs of suicidal behavior, how to question, persuade, and refer to offer hope
- Complete the Post-Training survey
- Certified QPR instructors are available after the formal training to talk with participants
- Participants will receive Northeast Kingdom, Vermont, and national suicide prevention contacts, the QPR booklet and Certificate of Completion after the training. Online QPR Institute resources are also available for those who share their email address with the instructors.

Scan the QR code to register
for these Zoom trainings.



Oct. 19, 2023
9:30 am



Nov. 30, 2023
2:30 pm



NKHS
Northeast Kingdom Human Services