

Question, Persuade, Refer

FREE Suicide Intervention & Prevention Training



Mental Health
Recovery
Education



LEARN HOW TO:

- **Recognize** early & developing warning signs of potential suicide risk in others
- **Approach, intervene, & offer hope** to someone who is facing suicidal thoughts
- **Connect** people in need to appropriate mental health resources & services



For More Info

Connect with our training team!

Questions? Interested in
QPR Training for your
group? Reach out to our
Training Coordinator:

- Training@Sweetser.org
- [Sweetser.org/
FreeMentalHealthTraining](https://www.sweetser.org/FreeMentalHealthTraining)

What is QPR?

- Evidence-based, non-clinical “Gatekeeper” suicide awareness, prevention, and intervention training for adult audiences of all backgrounds
- Teaches the **QPR [Question, Persuade, Refer]** peer-to-peer mental health intervention process
- Developed by the QPR Institute, supported by the Substance Abuse & Mental Health Services Administration (SAMHSA), taught by Certified QPR Instructors from Sweetser

Training Details

- **1.5-hour** total course time – *without practice activity*
OR **2-hour** total course time – *with practice activity*
- **For 5 to 30 participants** per training session
- Available **in-person** – *instructed at your facility*
OR **virtual** – *instructed via Webinar*

Mental Health Awareness Trainings brought to you by Sweetser
FREE for all who live or work in Maine

