

What: Oregon OSHA SHARP Alliance—Quarterly Training

When: 9/8/2022 9AM—Noon

Where: Thermo Fisher Scientific * 29851 Willow Creek Rd Bldg J, Eugene, OR 97402

WHAT IS QPR GATEKEEPER TRAINING?

QPR stands for Question, Persuade, and Refer—Three simple steps all of us can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, those trained in QPR learn how to recognize the warning signs of a suicide crisis. QPR Gatekeepers can be anyone but include those individuals most present in one's life such as parents, friends, neighbors, doctors, supervisors, forepersons, superintendents, police officers, therapists, firefighters, and many others who are well positioned to recognize and refer someone at risk of suicide.

Key components covered in this training

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

With QPR, the following Chain of Survival elements can also be in place:

- **Early Recognition of Suicide** | The sooner warning signs are detected, and help sought, the better the outcome of a suicidal crisis will be.
- **Early QPR** | Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.
- **Early Intervention and Referral** | Referral to local resources or calling 1-800-Suicide for evaluation and possible referral is critical.
- **Early Advanced Life Support** | As with any illness, early detection, and treatment results in better outcomes.



If you are in crisis and need immediate assistance:

**Dial 1.800.273.8255 or
Text "HELLO" TO 74141**

**Nacional de prevencion
del suicido:
1.888.628.9454**