

# Question/Persuade/ Refer (QPR)

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## Learn How You Can Help

Question, Persuade, Refer (QPR) are three simple steps that can help save a life from suicide. QPR is a one-hour course in which individuals learn to recognize the warning signs of suicide. People

who complete this training will learn how they can offer hope and how to get help. Like CPR, QPR helps stabilize a person until they can get professional help.

## Key Components Covered:

- 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



**Trillium offers free virtual trainings for QPR. Please visit [trilliumhealthresources.org/events](https://trilliumhealthresources.org/events) for upcoming opportunities and to register.**

## Getting Help

If you or someone you know is experiencing a behavioral health crisis in North Carolina, help is available 24/7.

- For immediate crisis support, call or text **988**.

- For the NC Peer Warmline, call **1-855-PEERS-NC**.
- In a life-threatening emergency, always call **911**.
- Visit [TrilliumHealthResources.org](https://TrilliumHealthResources.org) for more info.