

## Questions, Persuade, Refer (QPR)

March 7, 2024

1:00 - 2:30 pm

Webinar

### Description

Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom settings in 48 states. This 1.5 hour class is for members of the community over the age of 16 who want to learn best practices in suicide prevention.

### Key Learning Objectives:

1. Recognize clues that somebody might be experiencing a suicidal crisis.
2. Effectively question that person to confirm their thoughts of suicide
3. Appropriately persuade that person to stay alive and seek help
4. Identify crisis resources in the area and learn how and when to access them

**Who Should Attend:** General Public with adaptations for a healthcare audience

**Instructor:** David Goehl-Manolis, Suicide Prevention Coordinator

**Continuing Education:** Contact Hours: 1.5

Application being made to MN Board of Nursing, MN Board of Social Work, and MN BELTS&S. It is the responsibility of the attendee to determine whether these activities meet the current criteria for continuing education.

### Registration Fees

**Medi-Sota Members: FREE**

**Non-Medi-Sota Members: \$50/Person**

Register [HERE](#)

**Class Size is Limited. Live Only Session—Recording is Not Available**

Prior to the program, you will receive an email with course connection & materials. Registration Deadline: March 2, 2024 by 5 pm this ensures all registrants will receive course information & any materials in a timely manner.

If you should have any questions, contact  
Jennifer Gearman at 320-769-2269 or at [jgearman@medi-sota.org](mailto:jgearman@medi-sota.org)

**Medi-Sota, Serving Rural Health**

*Cancellations must be made no later than 10 business days prior to the start of the course. The full course fee will be charged if cancellation is made in less than 10 business days. Full refunds will be given for all classes cancelled by Medi-Sota. Registration is transferable to another person.*