

Question. Persuade. Refer.

What is QPR?

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help prevent suicide. QPR is an innovative, practical, and proven suicide prevention training.



1. **Question** if a person is thinking about suicide.
2. **Persuade** a suicidal person to get help.
3. **Refer** a suicidal person to the appropriate resources.

What is a gatekeeper?

A gatekeeper is trained to recognize warning signs of a mental health crisis and connects a person in need to help and support.



When: Session 1—**Monday, September 15, 2025**

2:00 p.m. - 3:30 p.m. Central Time

Where: In-person, Memorial Union, Nueta

Session 2—**Wednesday, September 17, 2025**

10:00 a.m. - 11:30 a.m. Central Time

Where: Virtual

Cost: FREE

Scan the QR code or click to register:

https://ndstate.co1.qualtrics.com/jfe/form/SV_6EwpGMZQApcZNoW

Requests for accommodations related to disability should be made to (local contact/event organizer) at (phone and email) by (date – two weeks in advance of actual event).

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EXTENSION

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