Talbert House

QPR: Question, Persuade, Refer

Suicide Prevention Program for Adults

QPR Gatekeeper Training is an evidence-based universal prevention strategy to reduce deaths by suicide. Presented by certified instructors, each QPR training aims to increase awareness of the risk factors and warning signs of suicide and help a person know how to respond.

QPR does not train individuals to provide mental health treatment. Rather, QPR shares techniques to intervene at a critical moment and to connect the individual to mental health professionals.

Breaking the cycle of hopelessness and despair can save lives.

Program Components

- Practice talking about suicide and how to ask the question, “Are you thinking of suicide?”
- Training to persuade a person to not act and accept help
- Information about crisis services, local treatment providers and community support

QPR Gatekeeping training is appropriate for all adults, and is available FREE to workplaces, schools, faith-based or other community organizations in Clinton and Warren counties.

To schedule a training, contact

Jennifer Parrett

Talbert House Prevention Services in Warren & Clinton Counties
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Suicide is a Major Public Health Issue

Each year approximately 47,000 individuals die by suicide in the US. In Ohio, there are about 5 suicide deaths every day. According to data from the CDC (June 2019), suicide is now the 2nd leading cause of death for young people ages 10-24 years of age (19.2%). While loved ones are most affected, the ripple effects extend far beyond family members.

Mental Health Recovery Board
Serving Warren & Clinton Counties

Studies led by Julie Cerel at the University of Kentucky in 2018 indicated that as many as 135 people are affected to some degree by every person lost to suicide. That number includes all people who have known the person who died.*

*Cerel, J., Brown, M., Maple, M., Singleton, M., van deVenne, J., Moore, M., & Flaherty, C. (2018). How many people are exposed to suicide? Not six. Suicide and Life-Threatening Behavior. DOI: 10.1111/sltb.12450. Retrieved from https://onlinelibrary.wiley.com/doi/pdf/10.1111/sltb.12450

Suicide is the Most Preventable Cause of Death

Greater awareness of the risk factors and warning signs of suicidal thinking can help reduce the number of deaths in the same way that learning CPR has improved survival after heart attacks.

Intervention at a critical moment can break the cycle of hopelessness and despair and save lives by connecting the individual to mental health professionals.

Receiving the proper care is vital for recovery to begin.