



QPR Training

WHAT IS QPR?

QPR is a three-step model for mental health crisis intervention and suicide prevention, and stands for **Question, Persuade, and Refer**.

QPR training is currently being offered at no charge due to grant funding.

- Consists of a one-hour program instructed by a MU Extension certified QPR Gatekeeper.
- Will help participants recognize the warning signs for suicide and learn how to intervene using the QPR method.
- Helps participants become certified QPR Gatekeepers, prepared to “Ask a question, save a life.”

For more information about QPR call 1-800-995-8503.

Question. Persuade. Refer.



Extension
University of Missouri

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Mental Health First Aid

Mental Health First Aid (MHFA) is training that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to at-risk individuals and help connect them to the appropriate care. This evidence-based training will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

MHFA training is currently being offered at **no charge** due to grant funding.

For information on MHFA training or to register for a course visit:
<https://extension.missouri.edu/programs/mental-health-first-aid>

Name: _____
Email: _____



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



Need help now?

Call **988** for the Suicide
& Crisis Lifeline or visit
988lifeline.org