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Press Release

South Heartland Suicide Prevention Coalition is offering a QPR Gatekeeper Training Thursday, July 28th at 5:00pm, at South Heartland District Health Department in Hastings, Nebraska.

QPR: CPR for Suicide Prevention

Question the person about suicide

Persuade the person to get help

Refer them for help

What is a QPR Gatekeeper? A gatekeeper is someone trained to recognize a suicide crisis and, because of their training, know how and where to find help.

QPR recognizes that even socially isolated individuals usually have some sort of contact within their community (e.g. family, doctors, teachers, employer, banker, counselor, etc.)

QPR teaches diverse groups within each community how to recognize the "real crises" of suicide and the symptoms that accompany it.

QPR addresses high-risk people within their own environments (verses requiring the individual to initiate requests for support or treatment on their own).

QPR offers the increased possibility of intervention early in the depressive and/or suicidal crisis (when the level of suicide may be less).

QPR encourages the gatekeeper to take the individual directly to a treatment provider and/or community resource.

QPR stresses active follow-up on each intervention that occurs.

The individual trained in QPR often plays a preexisting role in the at-risk person's life. This increases the sense of continuity, support likelihood of a positive resolution.

To register or receive more information contact Sue Kennedy at 402-462-6211 or at s3kennedy@gmail.com