



QPR

Like CPR, QPR is a simple process that anyone can be trained to use, to help prevent a suicidal act. Participants learn how to recognize the warning signs for someone who may be at risk for suicide, and then get them to appropriate help.

Learn how to **prevent suicide** by using QPR to:

- Ask **Questions** to assess the situation
- **Persuade** the person to accept help
- **Refer** the person to a professional for help to get them through the crisis and treat any underlying mental illness.

Duration: 1.5 hours, Group Size: generally 10-35

To schedule a training, contact: Andrea Hood at ahood@utah.gov, 801-538-6599

safeTALK

Tell
Ask
Listen
KeepSafe



Duration: 3 Hours

Group Size: 10 – 30 max

To schedule a training, contact:
Andrea Hood at ahood@utah.gov
801-538-6599

safeTALK

Is a 3 hour training workshop, featuring:

Training to identify persons with thoughts of suicide, & community first aid resources to connect them to help

Awareness of reasons that we may miss, dismiss, or avoid signs of suicide

The simple yet effective steps: Tell, Ask, Listen, and KeepSafe

Hands-on skills practice and development

**Now approved for 3
Social Work CEUs!**