



QUESTION, PERSUADE, REFER (QPR) GATEKEEPER TRAINING

INDIANA WORKPLACE WELLNESS TRAINING ACADEMY



www.indianawellnessacademy.org

ASK A QUESTION, SAVE A LIFE.

ABOUT THIS TRAINING

QPR teaches three simple, life-saving steps anyone can learn to help prevent suicide. In this one- to two-hour instructor-led session, participants gain practical skills to recognize warning signs, respond safely and connect individuals to help. Optional role play is included in two-hour sessions. Participants receive one-year QPR certification.

TRAINING DETAILS

- ◆ Duration: one to two hours
 - Saving Lives: QPR and Naloxone training includes the Naloxone and Opioid Overdose Response training and is not currently offered as a standalone course
- ◆ Format: in-person and on-site delivery
- ◆ Capacity: up to 30 participants
- ◆ Continuing Education Credits (CEUs): SHRM & HRCI eligible

WHO SHOULD ATTEND

- ◆ Employees at all levels
- ◆ Supervisors and managers
- ◆ Human resources and wellness professionals

WHAT PARTICIPANTS LEARN

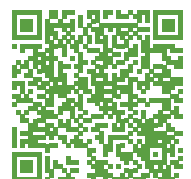
- ◆ Understand suicide as a public health issue and the role of stigma
- ◆ Identify warning signs of suicide
- ◆ Apply QPR steps to connect individuals to resources

WHY QPR GATEKEEPER TRAINING

The National Safety Council estimates that in a company of 1,000 employees, one employee will die by suicide roughly every 10 years. In Indiana, over 70% of suicide deaths occur among working-age adults (25–64), with more than 1,000 Hoosiers lost each year since 2016.

TAKE THE NEXT STEPS

- ◆ Click the QR code to view upcoming sessions and register
- ◆ Learn about WCI membership at wellnessindiana.org



Questions? Please contact us at
info@wellnessindiana.org