

Question, Persuade, Refer (QPR)

We can all help to save lives

January 18, 2021

QPR aims to save lives by providing innovative, practical and proven suicide prevention training.

Quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught Gatekeeper training in the world.

Gippsland PHN, in partnership with the Black Dog Institute and the Department of Health and Human Services, is once again offering **free** online QPR training in suicide prevention to help people identify the warning signs of someone at risk, give them the confidence to speak to someone about their thoughts and provide them with the tools to connect those in need with professional care.

QPR (Question, Persuade and Refer) and is a 90 minute, self-paced online course that anyone can do from home.

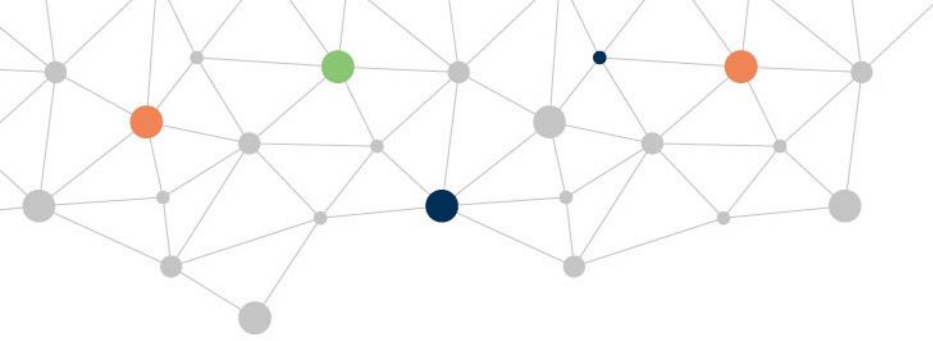
All people living, working or studying in Gippsland are eligible for the free registration. This course is for people who have not completed any prior training in suicide prevention or Mental Health First Aid.

Please share this link with your networks <https://www.gphn.org.au/qpr-online-training-suicide-prevention/> where they will find the free registration and login details.

Remember, if you or someone you know needs immediate support contact:

- SuicideLine Victoria is a free 24/7 telephone, video and online counselling service offering professional support to people at risk of suicide, people concerned about someone else's risk of suicide, and people bereaved by suicide. Phone 1300 651 251
Lifeline – 13 11 14
- Beyondblue Support Service – 1300 224 365
- MensLine – 1300 789 987
- Kids Helpline – 1800 551 800
- Qlife (LGBTIQ) – 1800 184 527
- Yarning SafeNStrong (Aboriginal & Torres Strait Islander) Phone: 1800 959 563

Emergencies dial 000.



- To access a mental health professional, such as a Psychologist, speak to your GP about a mental health plan.
- Your local community health service can assist with accessing a professional counsellor or you can call a mental health referral service such as:
 - HeadtoHelp [Phone:1800 595 212](https://headtohelp.org.au/) <https://headtohelp.org.au/>
 - Rainbow Door (LGBTIQ) Phone: 1800 729 367 Text: 0480 017 246 <https://www.rainbowdoor.org.au/getsupport>

*Free QPR online training is an initiative of the **Place-Based Suicide Prevention Trials project** which is jointly funded by the Victorian Department of Health and Human Services and Gippsland PHN.*

For more information: <https://www.gphn.org.au/programs/primary-mental-health-care/place-based-suicide-prevention-program/>