

We can all help to save lives with QPR

Question, Persuade, Refer (QPR) is a leading online course that 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 suicide prevention training in the world.

Gippsland PHN is offering this online training for **free** 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. You can progress through the course at your own pace by logging in and continuing it whenever suits.

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.

[Click on this link to access the free QPR registration and login details.](#)

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

- [Suicide Call Back Service 1300 659 467](#) - A free nationwide service providing 24/7 phone and online counselling to people affected by suicide and/or having thoughts of suicide.
- [Lifeline 24/7 13 11 14](#)
- [Support After Suicide 1800 943 415](#) Bereavement counselling and support groups for adults, young people and children.
- [Thirilli](#) Aboriginal and/or Torres Strait Islander postvention support Call 1800 805 801 - 24/7
- [MensLine](#) – 1300 789 987 Access free professional support 24/7
- [Kids Helpline](#) – 1800 551 800 Support for people aged 5- -25
- [Qlife](#) (LGBTIQ) – 1800 184 527 and webchat available
- [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:
 - [Medicare Mental Health](#) 1800 595 212 A free service that provides guidance, advice and connects you to mental health support services in your area
 - 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 **Targeted Regional Initiatives for Suicide Prevention** at Gippsland PHN. For more information and suicide prevention resources visit: <https://qphn.org.au/what-we-do/programs/suicide-prevention-program/>*