



Ask a question. Save a life.



We can all save lives

The QPR Institute's mission is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training.

What is QPR



QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

- Over 6 million Gatekeepers trained
- 22,000 QPR Instructors internationally
- QPR courses are offered in multiple languages
- QPR is offers most courses in three accessible formats
 - Online self paced
 - Live Virtual
 - In person

QPR Training

QPR Gatekeeper Training

A QPR gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Become an Instructor

Becoming a certified trainer of QPR's industry-leading approach to suicide prevention is an excellent way for individuals and organizations to help empower their communities to effectively intervene on behalf of suicidal and in-crisis people.

Advanced Training

Most healthcare providers, including mental health professionals, do not receive adequate training in how to help those at risk of suicide. QPR offers professional training courses such as QPRT and QPR for primary care providers.

QPR Pathfinder Training offers advanced certification for those with lived experience.

QPR offers multiple advanced suicide prevention courses such as QPR for athletics, QPR for veterans, and preventing elder suicide.