

Building Connections to Care

Question, Persuade & Refer (QPR)

Suicide is the second leading cause of death among youth ages 10-24, but it is preventable. Question, Persuade and Refer (QPR) trainings help individuals recognize and respond to the warning signs of suicide while making connections to care.

By attending a QPR training, participants learn:

- Common misconceptions about suicide
- Warning signs and risk factors
- How to talk to about suicide (Question)
- How to persuade someone to get help (Persuade), and
- How to refer a person to appropriate campus and community resources (Refer)

The skills gained from attending a QPR training can be applied to a variety of crisis situations and are *not* limited to suicide.

Creating a Ripple Effect

On average, the Student Health and Counseling Center trains more than 900 students, staff and faculty each year.

Even a small increase in participation can yield a significant impact in the reach of our message.

The Role of Staff & Faculty

Staff and faculty are in a unique position to recognize when a student is in distress and to take action.

We believe that staff and faculty engagement is critical to our ability to create an even larger ripple effect at Fresno State.

Future Goals

We will increase attendance at QPR trainings, placing emphasis on staff and faculty participation.

We will explore the recruitment of new QPR instructors to represent a greater cross section of our campus community and further expand our network and reach.

