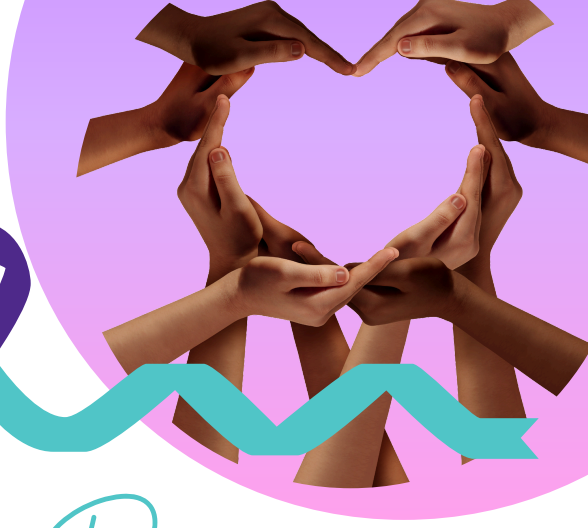

QPR

Question, Persuade, Refer

QPR is intended to offer hope through positive action.

WHAT IS QPR?

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

SIGN-UP FOR OUR QPR GATEKEEPER TRAINING

Contact:

980-484-5205

zakoya.spikes@clevelandcountync.gov

Remember, your mental health matters. Don't hesitate to reach out and seek the support you deserve. Together, we can stop the stigma, offer hope, and save lives.

When you apply QPR, you plant the seeds of **HOPE**.
And **HOPE** helps to prevent suicide.

QPR INSTITUTE

Cleveland County HEALTH DEPARTMENT

988 SUICIDE & CRISIS LIFELINE