

DO YOU KNOW QPR?

Every day eight Australians die by suicide.

Chances are you're in a position to help.
Make sure you know what to do.

Question. Persuade. Refer.

Free QPR online training – do it today

Take part in this invaluable and free training course – you never know, it may help you to save a life one day. Through three simple steps, you can help others: Question. Persuade. Refer.



Only takes
60 minutes



Free



Licenses remain
active for 3 years



Certificate of
completion



Over 2.5m people
trained worldwide

To undertake the QPR online training,
please visit countrysaphn.com.au

Login code: CSA



QPR training

QPR is designed to provide everyday people with three simple steps to help save a life from suicide.

Key components covered in the training include:

- Common myths and misconceptions about suicide
- The warning signs of suicide
- How to ask the suicide question
- How to persuade someone to stay alive
- How to get help for someone in crisis

The program is being rolled out after Country SA PHN conducted a survey which found that 68% of country South Australians wanted additional training and upskilling opportunities in suicide prevention.

Country SA PHN is providing QPR training to approximately 1,000 community members within the National Suicide Prevention Trial region. The region includes Port Lincoln, Whyalla, Port Augusta, Port Pirie, the Yorke Peninsula and the towns in between.

Country SA PHN exists to bridge the gap of health inequity and access in rural South Australia by building a collaborative and responsive health care system.

If you or someone you know is in need of support, Lifeline is available 24/7 on 13 11 14