

QPR GATEKEEPER TRAINING

AUG 4, 2022 | SEPT 1, 2022 | OCT 6, 2022 | NOV 3, 2022

3:00PM - 4:30PM PST

[HTTPS://TINYURL.COM/QPRTRAINING2022](https://tinyurl.com/QPRTRAINING2022)



Stressors unique to the agricultural community have led to increased mental health challenges in agricultural producers and workers, contributing to increased rates of suicide in rural areas. In an effort to address the rising rate of suicide, QPR (Question, Persuade, Refer) training gives laypeople and professionals the tools to recognize the warning signs of suicide crisis and how to question, persuade, and refer someone to lifesaving services.

During the 90-minute QPR trainings, program staff provide insight to the unique challenges farmers and ranchers experience, walk participants through the steps of implementing QPR training, and provide referral resources.

Benefits of becoming a QPR Gatekeeper include:

- Confidence when talking to someone in crisis.
- Recognizing the warning signs of suicide.
- Becoming familiar with national and local resources
- Knowing how to offer hope and save a life.



WRASAP
Western Regional Agricultural
Stress Assistance Program