



# ASPARC

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ALABAMA SUICIDE  
PREVENTION AND  
RESOURCES COALITION

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*Alabama, in 2017,  
lost over 834  
citizens to death  
by suicide.*

*Nationally, 47,173  
persons died from  
suicide in 2017,  
now the 10th  
cause of death and  
the 2nd cause of  
death among 10-24  
year-olds.*

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*ASPARC is a 501c3  
non-profit agency*

# *QPR Gatekeeper Training*

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QPR stands for “**Question, Persuade, and Refer.**” It represents a public health-based suicide prevention program to teach people to: recognize suicidal warning signs in others; persuade them to get help; and refer them to appropriate help resources. QPR Gatekeeper Training is very much like a CPR training program. People become trained in a curriculum, practice what they learn, and then receive a certificate.

## **Who designed the QPR Gatekeeper Training curriculum?**

Dr. Paul Quinnett of the QPR Institute in Spokane, Washington developed this curriculum and other more advanced curricula for specialized groups such as health professionals and first responders. His curricula are featured as evidence-based suicide prevention programs, registered with the national Evidence-Based Practices Registry. Dr. Quinnett has been a strong ally to suicide prevention advocates in Alabama for many years. You can look at the QPR curricula options at [www.qprinstitute.com](http://www.qprinstitute.com).

## What is a Gatekeeper?

A gatekeeper is anyone from any walk of life who may metaphorically open the “gate” for someone at risk for suicide to get appropriate help. A gatekeeper does not necessarily have to be a mental health professional. It could be a friend, a neighbor, a coach, a teacher, a co-worker, an administrator, a religious teacher, a music teacher, a Boy Scout or Girl Scout leader, a hair stylist, and so on. Everyone with training is a potential gatekeeper, just as everyone can become trained to be a CPR responder.

## What does QPR Gatekeeper Training Involve?

There are two ways to obtain QPR Gatekeeper Training. Because ASPARC is a sub-grantee of the federal Garrett Lee Smith Suicide Prevention grant, we can provide QPR Training to groups or individuals at no charge (fees are covered through grant funding). **Option 1** is for groups and involves a pre-arranged in-class workshop with PowerPoint slides, didactic information, and practice sessions, which takes between 1-2 hours. **Option 2** involves the use of an online curriculum for individuals, which can be completed in about 45 to 60 minutes at their own computer. We purchase online computer training sessions and provide access codes to trainees, and then the QPR institute will provide a certificate upon completion.

**Who do I ask if I have more questions?  
And how do I schedule training?**

ASPARC has several active team members who are qualified to provide QPR training. You may contact:

**Katie Beaugez**, Grant Coordinator at [info@asparc.org](mailto:info@asparc.org), or

**Dr. David Coombs**, President of ASPARC at [dwcoombs2002@yahoo.com](mailto:dwcoombs2002@yahoo.com),

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**If you would like to be contacted about scheduling QPR training, or for more information about ASPARC, contact us at [info@asparc.org](mailto:info@asparc.org) or visit our website at [www.asparc.org](http://www.asparc.org).**

**Together, we can save lives!**

If you are having suicidal thoughts or are worried about someone right now and would like help on knowing what to do, please contact the

**National Suicide  
Prevention Lifeline**  
at

**1-800-273-TALK  
(1-800-273-8255)**

Call 24/7

Chat and text counseling are available by texting "HELP" to number 741741.

