

# We all have a role to play in suicide prevention

A suicide awareness workshop delivered by Lifeline South Coast



## Question, Persuade, Refer

**FOCUS:** Suicide awareness training

**DURATION:** 2.5 hours

**PARTICIPANTS:** Anyone 18 years or older

**TRAINERS:** One registered trainer per 25 participants plus one support person

**COST:** \$150 plus GST per participant (tailored packages available for workplaces or groups of 15 or more)

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognise the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

QPR training will provide you with:

- knowledge and skills to identify warning signs that someone may be suicidal
- confidence to talk to them about suicidal thoughts
- connect them with professional care.

### WHO SHOULD ATTEND A QPR FACE-TO-FACE WORKSHOP?

QPR is a short 2.5 hour presentation aimed at increasing suicide awareness. Virtually anyone aged 18 or older, regardless of prior experience or training, can become a QPR-trained helper and learn the skills to help save a life from suicide. In fact almost anyone in the community will benefit from learning the skills of QPR.

Because it only takes 2.5 hours to learn, QPR is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe. Professionals, workplaces, as well as members of the community at large have all found great value in QPR over the years.

### WHAT ARE THE CORE FEATURES OF A QPR FACE-TO-FACE WORKSHOP?

When you participate in a QPR face-to-face workshop, you can expect the following:

- QPR face-to-face is run over a 2.5 hour session
- Each session is run with one accredited trainer and one support person
- Each workshop has a maximum of 25 participants
- Your trainer will help you understand the common causes of suicidal behaviour
- By participating in a group activity, you will explore, discuss and learn about the warning signs of suicide
- The QPR steps provide a simple yet effective method to Question, Persuade and Refer someone who is at risk of suicide
- Your trainer will provide you with two opportunities to practice the QPR steps and answer any questions you may have
- You will learn how to get help for someone in crisis, and learn more about preventing suicide
- You will be encouraged to consider your own self-care options and how to get help for yourself
- Participant materials include a workbook, wallet card and information handouts
- Local resources are provided and their availability in the community is discussed
- Participants receive a certificate upon completing the workshop.

### WHO PROVIDES QPR FACE-TO-FACE WORKSHOPS?

Each QPR face-to-face workshop is led by a qualified QPR Australia trainer. In order to become qualified, trainers must complete an online Training for Trainers (T4T) course, present workshops regularly, and submit continuous quality assurance reports and feedback.

### ABOUT LIFELINE SOUTH COAST

Lifeline operates a national 24-hour crisis support and suicide prevention service on 13 11 14, and has been saving lives in Australia for more than 50 years.

Lifeline South Coast was established in Wollongong in 1969 and the Nowra branch was opened in 1981. We are a local charity, with a local Board, focusing on delivering suicide prevention programs to meet the needs of our local community. Lifeline South Coast's service area spans the coastal strip between Helensburgh in the north to the Victorian border in the south. Our vision is an Australia free from suicide

### WHY TRAIN WITH LIFELINE SOUTH COAST?

Lifeline ensures that all Australians experiencing a personal crisis have access to 24-hour crisis support and suicide prevention services. Somewhere in Australia, there is a new call to Lifeline every minute!

We have been working in the suicide prevention sector for many years, and have experience helping people from all walks of life understand and navigate around the issue of suicide. We know how to help!

In addition, all profits raised through Lifeline South Coast's Corporate and Community Training program go towards supporting Lifeline services in the Illawarra and South Coast including our 24-hour crisis support service on 13 11 14. So, by training with Lifeline South Coast, you are helping us save lives!

#### FURTHER INFORMATION

Get in touch with our Corporate and Community Training team

**Phone** 02 4228 1311

**Email** [training@llsc.org.au](mailto:training@llsc.org.au)

**Website** [www.lifelinesouthcoast.org.au](http://www.lifelinesouthcoast.org.au)

**Lifeline is available 24/7 on 13 11 14**

#### NEXT QPR FACE-TO-FACE TRAINING

Details of scheduled QPR face-to-face workshops can be found on our website [www.lifelinesouthcoast.org.au](http://www.lifelinesouthcoast.org.au)