

Free Community Trainings from NKHS

Q = Question
P = Persuade
R = Refer



“Like CPR, QPR is an emergency response to someone in a suicide crisis. Also, like CPR in the Chain of Survival from a life-threatening medical crisis, early recognition of warning signs, early intervention and early professional assessment and care can save lives.” - QPR Institute

NKHS offers QPR introduction to suicide training for adults and caretakers to raise awareness, dispel myths and misconceptions, and teach three skills that can help save a life.

A QPR trainee will learn to recognize the warning signs of suicide, how to offer hope, and how to get help.

What to expect in the 90 minute Zoom training:

- A pre & post training survey
- An interactive training with time for questions, comments, and reactions
- Introductory videos
- Learn QPR
 - Review common myths, misconceptions, and statistics about suicide and warning signs of suicidal behavior, how to question, persuade, and refer to offer hope
- Certified QPR instructors are available after the formal training to talk with participants
- Participants receive Northeast Kingdom, Vermont, and national suicide prevention contacts, the QPR booklet, and a Certificate of Completion.

This training is funded in part by the Department of Health through a Comprehensive Suicide Prevention Grant from the Centers for Disease Control and Prevention. NKHS QPR Trainers and Zero Suicide Initiative Team are grateful for state and local support. If you wish, you can donate to the NKHS Zero Suicide Initiative through our website at <https://nkhs.app.neoncrm.com/forms/donate>. Be sure to select the Suicide Prevention Fund when donating, so we may continue this important work.

Register for the Zoom training that works best for you.



Thursday
April 23, 2026
10:30 am



Wednesday
May 13, 2026
2:00 pm



Friday
June 12, 2026
9:30 am



We're
All About
**Being
Human!**