

QPR (Question, Persuade, Refer) Gatekeeper Training

As part of the Australian Government's National Suicide Prevention Trial, Primary Health Tasmania has purchased licences for QPR (Question, Persuade, Refer) Gatekeeper Training through the Black Dog Institute.

QPR is an online education program that aims to teach people the warning signs of a suicide crisis and how to respond following three steps: Question, Persuade and Refer.

Primary Health Tasmania is encouraging all Tasmanians interested in suicide prevention to complete QPR Training.

QPR training is **free** for individuals and for organisations (up to 10 licences per organisation are available) and will be offered until the end of June 2021.

Organisations wishing to upskill more than 10 employees or volunteers should contact [Primary Health Tasmania](#).

A snapshot of QPR training

You can work through QPR training at your own pace, stopping and starting as you like. As long as you have a computer, access to the internet, and a password, you can complete the training. For example, you can do it at home or with the help of a volunteer at your local LINC centre.

In a nutshell, QPR begins with a survey then gives you:

- basic information about suicide
- some warning signs of suicide
- examples of how people might let you know they are feeling suicidal
- information on how to question a person who is having thoughts of suicide, persuade and refer them for help.

You will be asked to do a short (15 minute) quiz and another quick survey at the end of the training. All up, it takes from one to two hours to complete. You will be given a certificate when the course is completed.

Getting started

You can do the QPR Gatekeeper Training for free and you do not need to be part of an organisation.

To get started, click [here](#) and you will be linked directly to the training program.

You will be then asked for:

- an **organisation code**: *Type in PHT.*

Click **Create Training Account**

- **account activation**: *Type in your Full Name*
- **email**: *Type in your Email address*
- **email**: *Type in your Email address*

Click **Create Training Account**

An email will be sent to you. *Open the email in your browser and follow the instructions.*

You can leave the training at any time and pick up where you left off. To do so, just go back to the email sent to you and follow the instructions.

The Tasmanian Suicide Prevention Trial

The Tasmanian Suicide Prevention Trial is based in the local government areas of Break O'Day, Launceston, and Burnie, Central Coast and Devonport. You can learn more about the trial and other suicide prevention training opportunities by visiting the [Primary Health Tasmania website](#).

The Black Dog Institute has more information about QPR and other evidence-based suicide prevention programs. You can learn more by visiting the [Black Dog Institute website](#).

For more information about the Tasmanian Suicide Prevention Trial or QPR Gatekeeper Training:

- contact Primary Health Tasmania on **1300 653 169** or
- click [here](#) to send us a message

More information

Please note: Primary Health Tasmania does not offer health services, crisis or emergency support.

Your regular GP/doctors surgery should always be your first point of call if you need medical or mental health care

In an emergency, call Triple 000 for Ambulance, Fire or Police

For health advice on health services open at night, public holidays and weekends, visit the [Tas After Hours website](#).

The following helplines are also available for urgent assistance:

- Mental Health Services Helpline (DHHS) 1800 332 388
- Lifeline Crisis Help 13 11 14
- Kids Helpline 1800 55 1800
- Drug and Alcohol Counselling (DHHS – Afterhours) 1800 811 994
- Poison Information Centre 13 11 26.

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