

Suicide is Preventable

Being a QPR Gatekeeper has made a real difference in how I do my job. I am certainly more aware of anxiety and mental illness issues and their connection to suicide. Now I can address these issues with the students I see. (I would have been afraid to do this before I'd had the Gatekeeper training.) And you know, I believe this makes our campus safer – for everybody. Another Gatekeeper just spreads that safety net a little wider.

Tim Conklin, UBC Academic Adviser

What is QPR?

QPR stands for Question, Persuade, Refer. QPR is a program that helps us recognize the early warning signs of suicidal intent and provides us with the knowledge to persuade and refer individuals at risk to appropriate help.

What is QPR Gatekeeper Training?

QPR Gatekeeper Training is a 1.5 - 2 hour on-campus instruction session which enhances general awareness about suicide and teaches basic intervention skills (QPR) that can help avert suicide. Participants learn about the nature of suicide communication and how it may be used to identify someone who may be at risk. Participants also gain the confidence and competence required to make interventions and referrals.

Who are the QPR Gatekeeper Instructors?

QPR Gatekeeper Instructors are UBC faculty and staff volunteer members who have been trained by a master trainer to provide QPR Gatekeeper Training. Since its launch in February 2006, ninety-one QPR Instructors across the Vancouver and Okanagan campuses have provided Gatekeeper training for 1200 students, faculty and staff.

How do I get involved?

QPR Instructors and Gatekeepers represent a wide variety of services and academic departments, faculties and libraries at UBC. You can become trained in QPR and play a part in offering hope and potentially saving a life. For more information on becoming a QPR Gatekeeper, please visit www.students.ubc.ca/counselling/qpr

Submitted by QPR Steering Committee