

QPR (Question, Persuade, Refer) gatekeeper training

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 consider completing QPR Training.

QPR training is **free** for individuals and for organisations and will be offered until the current batch of purchased licences has been used.

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 library.

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**

Your login details will be shown at the bottom of the screen. It is recommended that you save these or write them down.

Click the link (pictured below) to login to the training.

1. Log in to the QPR Gatekeeper website at: <http://lifespan.qprtraining.com>

You can leave the training at any time and pick up where you left off. Just use the login details provided to you.

More information

For more information about QPR gatekeeper training,

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

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

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

In an emergency, call triple zero (000) for ambulance, fire or police.

For 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:

- Access Mental Health helpline (Tasmanian Government) 1800 332 388
- Lifeline Crisis Help 13 11 14
- Kids Helpline 1800 55 1800
- Drug and Alcohol Counselling (Tasmanian Government, after hours) 1800 811 994
- Poisons Information Centre 13 11 26.

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