



Suicide Prevention Training for Rhode Island State Employees

Question, Persuade, and Refer - 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, QPR-trained Gatekeepers **learn how to recognize the warning signs of a suicide crisis** and how to question, persuade, and refer someone to help. QPR can be learned in as little as one hour.

QPR-trained Gatekeepers can include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

At this training you will learn how to:

- **Recognize the warning signs of suicide**
- **Offer hope**
- **Get help and save a life**

How can Rhode Island State Employees access this training?

This FREE one-hour training is offered to Rhode Island State Employees through the State's Employee Assistance Program.

1. Log on to the Employee Assistance Program website: www.liveandworkwell.com and use the access code: Rhodelsland
2. Once logged on, utilize the navigation bar at the top of the page to click "Crisis Support" and then select the "Suicide Prevention" option from the sub-menu.
3. Scroll down to the "Learn" section of the page and click on the "Suicide Prevention Education Program" link.
4. Follow the instructions to complete the QPR training and receive a completion certificate.