



a youth mental
health charity

QPR INSTITUTE

Ask a question. Save a life.



We can all save lives

The QPR Institute's mission is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training.

What is QPR



QPR stands for **Question, Persuade, and Refer**, the 3 simple steps anyone can learn to help save a life from suicide.

Suicide is the second leading cause of death in Michigan anders ages 10-34.

More Michigan residents die by suicide annually than from homicide and car crashes combined. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

- Over 6 million Gatekeepers trained
- QPR courses are offered in multiple languages
- QPR training can in-person or virtual

QPR Training

QPR Gatekeeper Training

A QPR gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Schedule A Training Now!

Eli's Project is honored to offer a **FREE** 60-75 minute suicide prevention training. Just as CPR prepares you to assist in a cardiac crisis, QPR teaches you to intervene to prevent suicide.

Connect with Eli's Project

This training is for everyone. Community organizations, school staff, sports teams, parents, coaches and youth age 14+. Participants will leave with resources and knowledge to help save a life. Reach out to us at info@elisproject.org to setup a QPR presentation date.



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Contact Us

■ info@elisproject.org

■ www.elisproject.org