

Free Community Trainings from NKHS

Q = Question
P = Persuade
R = Refer



"Like CPR, QPR is an emergency response to someone in a suicide crisis. Also, like CPR in the Chain of Survival from a life-threatening medical crisis, early recognition of warning signs, early intervention and early professional assessment and care can save lives." - QPR Institute

NKHS offers QPR introduction to suicide training for adults and caretakers to raise awareness, dispel myths and misconceptions, and teach three skills that can help save a life.

A QPR trainee will learn to recognize the warning signs of suicide, how to offer hope, and how to get help.

What to expect in the 90 minute Zoom training:

- A pre & post training survey
- An interactive training with time for questions, comments, and reactions
- Introductory videos
- Learn QPR
 - Review common myths, misconceptions, and statistics about suicide and warning signs of suicidal behavior, how to question, persuade, and refer to offer hope
- Certified QPR instructors are available after the formal training to talk with participants
- Participants receive Northeast Kingdom, Vermont, and national suicide prevention contacts, the QPR booklet, and a Certificate of Completion.

Register for the Zoom training
that works best for you.



Thursday
Jan 15, 2026
9:00 am



Monday
Feb 09, 2026
1:00 pm



Friday
Mar 27, 2026
10:00 am



NKHS
Northeast Kingdom Human Services

We're
All About
**Being
Human!**