Question, Persuade, Refer (QPR) for Business – Online Training

FAQs

What is QPR?

Question Persuade and Refer (QPR) is an evidence-based training which provides:

- knowledge and skills to identify warning signs that someone may be suicidal
- confidence to talk to that person about suicidal thoughts
- awareness and ability to refer to available supports

'QPR for Business' is being made available through Healthier Work, with support from the ACT Health LifeSpan initiative and the Black Dog Institute.

How long does the training take to complete?

The self-paced session takes approximately 60 minutes to complete and does not need to be completed in a single sitting – you can take as long as you like and take a break as often as you need.

What will the training cover?

QPR for Business covers the following content:

- common myths and misconceptions about suicide
- warning signs of suicide (direct verbal, indirect verbal, behavioural, situational)
- how to ask the suicide question (direct and less direct methods)
- how to persuade someone to stay alive
- how to refer individuals to help

How much does it cost?

Through the *Mentally Healthier Workplaces* initiative, Healthier Work is making QPR for Business available for free to all ACT workplaces with no limit on how many employees you can request to have access to it.

Can individuals access the training?

Individuals living in the ACT can still access QPR Online for free via the Capital Health Network website: www.chnact.org.au/mental-health-programs-hp.

What resources will I need to complete the training?

All you need to complete QPR for Business is your username/password and access to a computer or mobile device with internet connection.

How long are licenses valid?

A license is valid for 3 years. This means you can log back in to QPR for Business at any time over the 3-year period to refresh your knowledge. It is recommended that you revisit the training every 12 months. The 3 years commences the first time you login to QPR.

Can the training be done in groups?

We strongly advise that QPR for Business be done individually, as the evidence for QPR reducing suicide deaths comes from when it is completed individually. Doing the training individually allows people to complete it at their own

pace, take a break if they find the training brings up difficult emotions, repeat sections of the training they are particularly interested in, and seek confidential help via the recommendations built-in to the online training. Doing the training also provides each person with a personalised certificate of completion.

How does an individual in our organisation access the training?

Individuals will simply need to use the link provided to them by their HR/nominated contact to receive a username+password that allows them to access the training. This link can be communicated to individuals in a number of ways (email, staff meetings etc).

Suicide prevention training can bring up strong emotions. How are people completing QPR for Business supported to seek help if they need it?

QPR for Business may bring up strong emotions, but it is not expected to cause significant distress. The training can be done over multiple sittings, which enables people to pause and take a break as needed. There are details for support services built-in throughout the training, and a list of these services is also available to provide staff in hard-copy.

Myself or one of my staff members has recently been personally affected by suicide. When is it safe to do the training?

Community suicide prevention training aims to teach individuals the warning signs of a suicide crisis and how to respond. This program is not recommended for individuals recently bereaved by suicide, as it is not a therapy or support group, but rather an education session to learn how to support others.

If you or someone you know is in need of more urgent care please contact:

- Lifeline on 13 11 14
- Suicide Call Back Service 1300 659 467
- or refer to your internal EAP service

What are the IT requirements for the training?

To complete QPR for Business staff will need access to a computer or mobile device with internet connection.

Check your firewall: some organisations may have IT systems in place which block access to the QPR training website. Please check all staff members can access the training at work by testing the link with your IT team.