



UNITED WAY
West Florida



**QUESTION
PERSUADE
REFER**

Learn how to save a life

BECOME A QPR GATEKEEPER

WHAT IS QPR?

QPR stands for **Question, Persuade, and Refer**; three simple steps anyone can learn to help save a life. QPR training teaches you how to recognize warning signs of suicide and respond with care and action. It is not counseling, but a practical way to connect someone in crisis to help.

WHY BECOME A QPR GATEKEEPER?

Through a short training, you'll learn how to recognize warning signs, offer hope, and connect someone to the help they need. You'll also receive a QPR booklet and resource card outlining clear steps and local resources – tools you can rely on when it matters most.

2026 QPR Training Dates

Location: United Way of West Florida

7100 Plantation Rd., Unit 18
Pensacola, FL, 32504

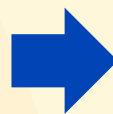
Jan. 7, 1 p.m. to 3 p.m.
April 15, 1 p.m. to 3 p.m.
July 9, 1 p.m. to 3 p.m.
Oct. 21, 1 p.m. to 3 p.m.

Santa Rosa Chamber of Commerce

4315 Avalon Blvd
Milton, FL, 32583

Mar. 24, 1 p.m. to 3 p.m.
Sept. 22, 1 p.m. to 3 p.m.

**Are you or your workplace
interested in this training?**



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LIFELINE**