WHAT IS QPR?
Question, Persuade, Refer, or QPR is a Suicide Prevention Training designed to increase your ability to recognize suicidal thoughts and behaviors, and to refer the person at-risk to a professional resource.

WHY SHOULD I COMPLETE QPR?
Each year, suicide is the 2nd leading cause of death among 18-24 year olds. While there may be no single cause for suicide, there are risk factors that may increase the likelihood of an attempt such as untreated depression and anxiety.

UNCG specific statistics show an alarming increase in depression, anxiety, and stress. A 2020 report is not yet available but an increase can be suspected. (See right)

QPR will equip individuals to identify warning signs, how to intervene, and where to refer someone who is in crisis.

WHO CAN COMPLETE QPR TRAINING?
Designed for anyone, the fundamentals of QPR are easily learned and completed by Students, Faculty, and Staff.

INTERESTED IN BEING TRAINED?
Email spartanwellbeing@uncg.edu

UNCG Mental Health Statistics
- Reported that anxiety had affected their academic performance
  24.2% in 2014 vs. 27.7% in 2018
- Overall level of stress experienced over the past 12 months as “above average” or “tremendous”
  55.5% in 2014 vs. 59.9% in 2018
- Reported that stress had affected their academic performance
  30.7% in 2014 vs. 36.2% in 2018
- Felt overwhelming anxiety
  60.7% in 2014 vs. 67.5% in 2018
- Felt so depressed it was difficult to function
  35.9% in 2014 vs. 50.7% in 2018
- Reported that depression had affected their academic performance
  15% in 2014 vs. 20% in 2018

Data from American College Health Assessment, 2018