

# BE SOMEONE'S HERO. COMPLETE QPR.

## 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.

## HOW DO I REGISTER FOR QPR?

1. Navigate to: [qprtraining.com/setup](http://qprtraining.com/setup)
2. Enter the organization code UNCG
3. Select Create Account
4. Complete and submit student registration form
5. QPR will display and email the newly created Username and Password.
6. Student/staff can log in to begin training at [qprtraining.com](http://qprtraining.com)



Available through a behavioral health grant from the UNC-System for the 2020-2021 school year.



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## 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

