

QPR Additional Resources

If an emergency, call 911 | Call or text 988 Lifeline | 988lifeline.org



American Foundation for Suicide Prevention
afsp.org

Crisis Text Line
Text TALK to 741741

Zero Suicide
zerosuicide.edc.org

- Free training at zerosuicidetraining.edc.org

National Alliance Mental Illness

- NAMI HelpLine available M-F, 9am - 9pm CST.
- Call 1-800-950-NAMI (6264)
- Text "HelpLine" to 62640
- Email us at helpline@nami.org

Trevor Project
www.thetrevorproject.org

- A national organization focused on crisis and suicide prevention efforts among LGBT youth
- Phone: 1-866-488-7386
- Live Chat: www.thetrevorproject.org/get-help
- Text: "START" to 678678

SAMHSA's National Helpline
samhsa.gov/find-help/national-helpline

- This Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- 1-800-662-HELP (4357)
- TTY: 1-800-487-4889
- Text your zip code to: 435748 (HELP4U)

Your Life Your Voice from Boys Town Hotline
www.yourlifeyourvoice.org

- Your Life Your Voice is for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website has information sheets with tips for handling difficult situations. The hotline is toll free and open 24 hours a day.
- You can call, text, chat, or e-mail. Call 1-800-448-3000 or text "VOICE" to 20121

Veterans Crisis Line
veteranscrisisline.net

- Reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.
- Dial 988 then press 1
- Text: 838255

AgriSafe Network
www.agrisafe.org

- AgriStress Helpline- call or text 833-897-2474; Available in IA, MO, PA, TX, VA, WY

Iowa Help
www.extension.iastate.edu/iowaconcern

- Live Chat or 24-hour hotline: 1-800-447-1985; Available in IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI

Iowa State Extension QPR
www.extension.iastate.edu/humansciences/QPR

CHADS (Communities Healing Adolescent Depression and Suicide) Coalition for Mental Health
www.chadscoalition.org

National Association of School Psychologists
www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide

QPR Current Free Classes



Agri Safe Network

www.agrisafe.org/events

QPR for Farmers and Farm Families Webinar

November 16, 2022 | 12:00 pm - 1:30 pm CST

December 14, 2022 | 12:00 pm - 1:30 pm CST

January 18, 2023 | 12:00 pm - 1:30 pm CST

Iowa State University

www.extension.iastate.edu/humansciences/events

Question. Persuade. Refer. - Online Event

November 16, 2022 | 12:00 pm - 1:00 pm CST

December 14, 2022 | 12:00 pm - 1:00 pm CST

Question. Persuade. Refer. - Mount Pleasant, IA

February 9, 2022 | 12:00 pm - 1:00 pm CST

Question. Persuade. Refer. - West Burlington, IA

March 9, 2022 | 12:00 pm - 1:00 pm CST

Kansas Corn Growers Members

QPR Training

Email farmerhealth@ksgrains.com

MN NAMI

namimn.org/namimn-events/event-calendar

Question. Persuade. Refer. - Online Event

November 10 | 11:00 am - 12:30 pm CST

November 15 | 1:00 pm - 2:30 pm CST

**Ag Communities Specific*

November 17 | 3:00 pm - 4:30 pm CST