

Spot the Signs, Start a Conversation: UHW Offers Virtual Mental Health Crisis Training

Content Advisory: *The following contains information about suicide prevention*

In partnership with the QPR Institute, [University Health and Wellbeing](#) now offers a free, virtual, one-hour recommend training for students, faculty, and staff. QPR (Question, Persuade, Refer) training teaches how to recognize warning signs and refer someone to help during a mental health crisis. Much like CPR, QPR empowers individuals to respond effectively in moments of need. It is part of broader efforts to strengthen campus-wide capacity for primary prevention and to foster confidence in Spartans in having open, compassionate conversations about mental health.

The training is available in MSU's Ability Training Compliance platform (My Menu -> My Requirements -> MSU Recommended Courses).

This initiative builds on years of work by UHW, which has embraced a population health approach to suicide prevention. From CAPS counselors embedded in six colleges across campus for enhanced accessibility, to the You're Not Alone campaign, Spartan Resilience Education programs, and events like Fresh Check Day and the Out of the Darkness Walk, our collective efforts are making a difference.

Spot the signs. Start a conversation. Strengthen a campus where no one struggles alone.

Follow @HealthySpartans on Instagram to stay connected.