

“QPR: Question, Persuade, and Refer”

Gatekeeper Training for Suicide Prevention

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. Each year, thousands of Americans like you are saying “Yes” to saving the life of a friend, colleague, sibling or neighbor.

As a QPR-trained Gatekeeper you will learn to:

- Recognize warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Audience: Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide: parents, friends, neighbors, school staff – teachers, nurses, office personnel, counselors, psychologists, and social workers.



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt 858-298-2075 at least 48 hours in advance.

Participants may be photographed for use in promotional and/or news materials.

**SAN DIEGO COUNTY OFFICE OF EDUCATION
TRAINING IS OFFERED VIA ZOOM – NO COST**

A ZOOM link will be emailed to registered participants prior to each training

Date	Time	Registration Link
July 6, 2022	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220034
Aug. 10, 2022	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220035
Sept. 7, 2022	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220036
Oct. 5, 2022	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220037
Nov. 2, 2022	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220039
Dec. 7, 2022	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220040
Jan. 11, 2023	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220042
Feb. 1, 2023	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220043
March 1, 2023	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220045
April 12, 2023	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220046
May 3, 2023	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220047
June 7, 2023	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220049
July 19, 2023	1-2:30 p.m.	http://sdcoe.k12oms.org/918-220050

Questions: 858-298-2075 or email: amanda.holt@sdcoe.net

Please note trainings are **not recorded*

Provider approved by the California Board of Registered Nursing, Provider #13742 for 1.5 contact hours

Please visit SDCOE's Health and Well-being web page for a list of all trainings and events: <https://www.sdcoe.net/students/health-well-being#fs-panel-20050>

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