## 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.

All training is from 1-2:30 pm.

Click on the month to register for the no-cost virtual training for the 2024-25 school year.

The link will be emailed to registered participants prior to each training. \*Please note training is not recorded.



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