



## Help Save a Life

### Suicide Prevention Gatekeeper Training: Question, Persuade and Refer

Learn How to Help Save the Life of a .....

Child \* Student \* Friend \* Coworker \* Family Member

QPR is a nationally recognized, evidence-based gatekeeper training. Gatekeeper trainings teach participants how to recognize suicidal language (which is often indirectly stated), appropriately respond to the person, and take the next step to help the person.

Save a life from suicide by learning these three simple steps:

- \*\*Question a person about suicide
- \*\*Persuade someone to get help
- \*\*Refer someone to the appropriate resource

#### BECOME A GATEKEEPER.....

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeeper training is considered Best Practice in the field of comprehensive suicide prevention and is an important component of the overall suicide prevention continuum.

QPR Gatekeeper trainings are for adolescents and any adult, regardless of job role. QPR can be learned in our Gatekeeper course in as little as one hour.

**Gatekeepers can be anyone**, including parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

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 the warnings signs of suicide
- Know how to offer hope
- Know how to get help and save a life

#### QPR training dates:

Tuesday, 11/8/22 1:00—2:30 p.m.

Monday, 2/13/23 6:30—8:00 p.m.

Friday, 5/19/23 11:00 a.m.—12:30 p.m.

Thursday, 8/17/23 6:30—8:00 p.m.

To register or to request a training at a different time, please email Tracy Fay at [tfay@vbcmh.com](mailto:tfay@vbcmh.com).