



Mission

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from 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.

What is 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. Gatekeepers can be anyone, and are especially important in community and public health initiatives.

KEY COMPONENTS COVERED IN TRAINING:

How to get help and learn more about preventing suicide
The common causes of suicidal behavior
The warning signs of suicide
How to get help for someone in crisis
How to offer hope

ALL COURSES:

Evidence-Based
Heavily Tested
Peer-Reviewed
Qualify for Continuing
Education Credits

Join the Wellbeing Coalition of Westfield supported by *A Healthier Hamilton County: Systems of Care* and *Aspire Indiana* to be trained in QPR on

September 28, 2021

6:30-8:30pm

Virtual

Hope Begins with You

You have the opportunity to make
a difference.

You have the chance to save a life.

To Register Click Here:

<https://forms.gle/Uf2gQ8rddZGbVuSPA>