

# QPR Gatekeeper Training

Friday, July 15, 2016; 12:00 p.m. – 1:30 p.m.

Region V Systems, 1645 N Street, Lincoln, NE

## What is QPR?

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

The mission of QPR is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. QPR will train people to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

This training is a 1 - 1 ½ hour QPR Gatekeeper Training.

## 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, but include 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.

As a QPR-trained Gatekeeper you will learn to:

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

To save your spot please complete the below registration and return it to Jean Barton ([jbarton@region5systems.net](mailto:jbarton@region5systems.net)) or mail to Jean's attention at 1645 N Street, Lincoln, NE 68508.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_