

Suicide is preventable.

Learn how you can help!

# QPR GATEKEEPER TRAINING

Get certified as a QPR Gatekeeper with a free, one-hour training. Sign up required: Contact [Liosatosa@lakeland.edu](mailto:Liosatosa@lakeland.edu)

For Students:

October 17 (Thurs) 11 a.m. – 12 p.m. Laun 110 (Herrick)

For Employees:

September 30 (Mon) 11 a.m. – 12 p.m. DVB Room

## FREE for Students and Employees

QPR stands for “question – persuade – refer.” We all benefit when many people know how to save a life with CPR. We can also help each other by knowing the signs of suicide through QPR. Did you know? Asking someone if they have considered suicide *decreases* their risk.

In this training, learn:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
  - The common causes of suicidal behavior
- The warning signs of suicide • How to get help for someone in crisis