

# QPR

## For Suicide Prevention

### *A Gatekeeper Training*

Did you know suicide is the 2nd leading cause of death for ages 10-24? Much like CPR or the Heimlich Maneuver is used to save lives, people trained in QPR (**Question, Persuade, and Refer**) are taught important strategies that can help save a life from suicide. This Gatekeeper training is taught in a clear, concise format to help individuals recognize the signs of suicide, understand how to respond, and know where to refer a person. The training takes approximately 90 minutes to complete.

**Become a Gatekeeper for suicide prevention today and save a life!**

*Contact us for more information.*

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