



FREE 2 GRIEVE

Q.P.R. SUICIDE PREVENTION GATEKEEPER TRAINING

QUESTION.
PERSUADE.
REFER.



Just as CPR prepares you for stepping in to assist with a cardiac emergency, QPR will give you the skills and knowledge to intervene to possibly prevent suicide. In addition to the standard QPR curriculum, this 2-hour course blends elements from the QPR for Youth to provide Adults with guidance for assisting Youth.

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

KEY COMPONENTS COVERED IN TRAINING:

- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for someone in crisis.

The process follows three steps:

- **Question** the individual's desire or intent regarding suicide.
- **Persuade** the person to seek and accept help.
- **Refer** the person to appropriate resources.

www.free2grieve.com
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"Busy. but Never Hurried"