



FREE 2 GRIEVE

YOUTH SUICIDE PREVENTION

QPR 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.

Youth and young adults ages 10–24 years account for 15% of all suicides. Suicide is the second leading cause of death for this age group, accounting for 7,126 deaths. Additionally, suicide rates for this age group increased 52.2% between 2000-2021.

KEY COMPONENTS COVERED IN TRAINING:

- The common causes of youth 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
334-324-8977



BELINDA KOCK

LPC, NCC, CT

"Busy. but Never Hurried"