

# “QPR: Question, Persuade and Refer”

## Gatekeeper Training for Suicide Prevention

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. Each year, thousands of Americans like you are saying “Yes” to saving the life of a friend, colleague, sibling or neighbor. QPR can be learned in this Gatekeeper course in as little as one hour.

**As a QPR-trained Gatekeeper you will learn to:**

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

*Audience: Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide: parents, friends, neighbors, school staff – teachers, nurses, office personnel, counselors, psychologists, and social workers.*



In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact Amanda Holt (858) 298-2075 at least 48 hours in advance.



Participants may be photographed for use in promotional and/or news materials.

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**TRAINING IS OFFERED VIA ZOOM.**

**NO COST ~ Register online:**

| Date               | Time        | Registration Link   |
|--------------------|-------------|---|
| August 17, 2021    | 10:00-11:30 | <a href="http://sdcOE.k12oms.org/918-205166">http://sdcOE.k12oms.org/918-205166</a> |
| September 21, 2021 | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205167">http://sdcOE.k12oms.org/918-205167</a> |
| October 19, 2021   | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205168">http://sdcOE.k12oms.org/918-205168</a> |
| November 16, 2021  | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205169">http://sdcOE.k12oms.org/918-205169</a> |
| December 14, 2021  | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205171">http://sdcOE.k12oms.org/918-205171</a> |
| January 11, 2022   | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205172">http://sdcOE.k12oms.org/918-205172</a> |
| February 15, 2022  | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205174">http://sdcOE.k12oms.org/918-205174</a> |
| March 15, 2022     | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205175">http://sdcOE.k12oms.org/918-205175</a> |
| April 12, 2022     | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205176">http://sdcOE.k12oms.org/918-205176</a> |
| May 17, 2022       | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205183">http://sdcOE.k12oms.org/918-205183</a> |
| June 1, 2022       | 1:00-2:30   | <a href="http://sdcOE.k12oms.org/918-205177">http://sdcOE.k12oms.org/918-205177</a> |

**General Questions:** Violeta Mora  
858-298-2099 or email: [viomora@sdcOE.net](mailto:viomora@sdcOE.net)

**Registration Questions:** Amanda Holt  
858-298-2075 or email: [amanda.holt@sdcOE.net](mailto:amanda.holt@sdcOE.net)