

“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	http://sdcoe.k12oms.org/918-205166
September 21, 2021	1:00-2:30	http://sdcoe.k12oms.org/918-205167
October 19, 2021	1:00-2:30	http://sdcoe.k12oms.org/918-205168
November 16, 2021	1:00-2:30	http://sdcoe.k12oms.org/918-205169
December 14, 2021	1:00-2:30	http://sdcoe.k12oms.org/918-205171
January 11, 2022	1:00-2:30	http://sdcoe.k12oms.org/918-205172
February 15, 2022	1:00-2:30	http://sdcoe.k12oms.org/918-205174
March 15, 2022	1:00-2:30	http://sdcoe.k12oms.org/918-205175
April 12, 2022	1:00-2:30	http://sdcoe.k12oms.org/918-205176
May 17, 2022	1:00-2:30	http://sdcoe.k12oms.org/918-205183
June 1, 2022	1:00-2:30	http://sdcoe.k12oms.org/918-205177

General Questions: Violeta Mora

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Registration Questions: Amanda Holt

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