



**Ask A Question.
Save A Life.**

Learn 3 simple steps to save a life from suicide.



Question

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to identify the early signs of crisis, and direct the person to proper care.

Question, Persuade, and Refer someone to help.



Persuade

- Recognize the warning signs
- Know how to offer assistance
- Know how and where to get help



Refer

FREE 90 minute class

Materials and certificate included.

**Contact the Mental Health & Recovery Board of Union County
to schedule your free training.**

Who is a Gatekeeper?

A gatekeeper is someone trained in suicide response and in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be parents, friends, teachers, ministers, doctors, nurses, office supervisors, caseworkers, emergency responders and many others who are strategically positioned to recognize and refer someone at-risk of suicide.

How is QPR like CPR?

Both QPR and CPR function as part of a "chain of survival," in which a trained citizen can respond to a life-threatening event in order to get the person in need to professional assistance more quickly.

Early Recognition

Suicidal thoughts are common. Suicide threats and attempts are less common, but much more common than most people realize. Most people thinking about suicide are suffering from an undiagnosed and/or untreated mental illness or substance abuse disorder for which treatment exists.

By recognizing the early warning signs of suicide, opening a supporting dialogue and referring to professional help, a mental health crisis can be averted.

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Often times, the simple offering of hope and support can avert a suicide attempt entirely.