



SUICIDE PREVENTION TRAINING

QUESTION • PERSUADE • REFER

WHAT IS QPR ?

QPR stands for **Question, Persuade, Refer**. Three simple, evidence-based steps anyone can learn to help prevent suicide.

Just like CPR helps someone having a heart attack, **QPR helps someone in a mental health crisis** get the support they need.

BECOME A QPR GATEKEEPER

A Gatekeeper is someone trained to:

- ✓ Recognize the warning signs of suicide
- ✓ Offer hope through positive action
- ✓ Connect someone to professional care

Gatekeepers can be teachers, parents, students, health workers, first responders, faith leaders, or anyone who cares about others.

WHAT YOU'LL LEARN

By the end of this **FREE** 1.5 hour training, you will be able to:

- Recognize warning signs and risk factors
- Ask clear and direct questions about suicide
- Offer hope through supportive conversation
- Refer to local and national resources, including 988
- Take action that may help save a life

Participants will receive an official QPR Gatekeeper Certificate upon completion.

If you or someone you know is at risk:

Call/Text 988 or Chat at **988Lifeline.org**



DATE & TIME

Thursday, December 11
3:00 - 4:30PM

LOCATION

255 SW Coast Hwy Ste 207
Newport, OR 97365

REGISTRATION

Scan the QR code below,
or contact:

Bria Kettenhofen

541-270-3529

bkettenhofen@co.lincoln.or.us



Public Health
Prevent. Promote. Protect.

Lincoln County

Scan to register