



## QPR LUNCH & LEARN

### **QUESTION. PRESUADE. REFER**

THREE STEPS ANYONE CAN LEARN TO HELP PREVENT SUICIDE

### **FREE QPR (GATEKEEPERS) SUICIDE PREVENTION TRAINING**

Community stakeholders' will be certified and trained as QPR gatekeepers. Please bring your lunch and join us for QPR. The 60-minute Gatekeepers Training for Suicide Prevention program teaches people how to recognize suicide warning signs, ask about suicide, and persuade people to accept professional help. As a universal intervention for troubled youth and adults, QPR has been taught to more than two million people worldwide.

AS A QPR-TRAINED GATEKEEPER YOU WILL LEARN TO

- RECOGNIZE THE WARNING SIGNS OF SUICIDE
- KNOW HOW TO OFFER HOPE
- KNOW HOW TO GET HELP AND SAVE A LIFE

MONTHLY QPR GATEKEEPERS TRAINING  
JEFFERSON COMMUNITY HEALTH & LIFE CONFERENCE ROOM  
(EASIEST ACCESS IF FROM THE MAIN ENTRANCE ACCESSED FROM H STREET)  
2200 H STREET, FAIRBURY, NE 68352

**12:00PM-1:00PM**

**SEPTEMBER 25, OCTOBER 23, NOVEMBER 19**

**RSVP NOT REQUIRED**

EMAIL JILL AT [JKUZELKA@PHSNEB.ORG](mailto:JKUZELKA@PHSNEB.ORG) WITH ANY QUESTIONS