

# QPR

## SUICIDE PREVENTION GATEKEEPER TRAINING

QUESTION. PERSUADE. REFER.

3 steps anyone can take to help prevent suicide.



### What is a Gatekeeper?

Someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone but include parents, friends, colleagues, neighbors, teachers, healthcare professionals, business leaders, and community members.

### What will you learn?

- The common causes of suicidal behavior.
- How to recognize the warning signs of suicide.
- How to talk with someone who may be at risk for suicide and persuade them to get help.
- Ways to refer individuals in need of support to appropriate resources and services.
- Myths, facts, and stereotypes about suicide.

### Why QPR?



#### Break the silence and prevent suicide

QPR Gatekeeper Training is the most widely used global suicide prevention training and equips you with proven tools and strategies to work through difficult conversations.



#### Attend when you want, how you want

This 2 hour course delivers quality education that empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Options available for virtual and in-person delivery.



#### Receive 3 year certification

All participants receive a 3 year credentialed certification from the QPR Institute.

TO ATTEND AN UPCOMING QPR COURSE OR REQUEST A PRIVATE QPR TRAINING FOR YOUR COMPANY, VISIT [BENEATHTHEBRAVE.COM/QPR](https://www.beneaththebrave.com/qpr)

the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983, 1990).

There is a growing awareness of the need to improve the lives of people with mental health problems. The UK Government has set out a strategy for mental health care in the 21st century (Department of Health 1999). The strategy is based on the following principles:

- People with mental health problems should be treated as individuals.
- People with mental health problems should be given the opportunity to participate in decisions about their care.
- People with mental health problems should be given the opportunity to live in their own homes.

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- To reduce the number of people with mental health problems who are in hospital.
- To increase the number of people with mental health problems who are living in their own homes.
- To improve the quality of life of people with mental health problems.

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