BENEATH THE BRAVE

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