



Q.P.R. Gatekeeper Training

Ask a Question, Save a Life

QPR stands for **Question, Persuade, and Refer**- 3 simple steps that **anyone** can learn to help save a life from suicide.

This *Gatekeeper Training* prepares attendees to:

- Recognize the warning signs of suicide
 - Ask someone about suicidal thoughts
 - Offer and connect to help
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People who can be trained as *Gatekeepers* include: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategical positioned to recognize and refer someone at risk of suicide.



FREE trainings available through the Montgomery County Suicide Prevention Taskforce.

For more information or to schedule a training, contact Erin Hewitt
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