

CONTACT LUBBOCK, INC.

PRESENTS

QPR

(QUESTION, PERSUADE, REFER)

A Suicide Gatekeeper Training

You can make a difference and possibly save a life.

In our nation each week we lose approximately 100+ young people to suicide, and each year approximately 35,000 people complete suicide. An estimated 775,000 family members are impacted by a suicide attempt or death of a loved one.

Suicide is preventable and by working together we can change the outcome.

In as little as 120 minutes individuals can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. The QPR program is presented by a certified instructor, and teaches;

- **Common myths and facts** associated with suicide;
- **Warning signs** of suicide;
- **Tips for asking** the suicide question;
- **Methods for persuading** suicidal individuals to get help;
- **Ways of referring at risk people to local resources;**
- **Role playing.**

Training is \$25.00 per person and CEU credits are available.

Would you give 120 minutes to Save a Life?

To set-up your training call 806-765-8393 or email
amanda@contactlubbock.org.

To learn more about CONTACT Lubbock, Inc. visit www.contactlubbock.org.