QPR
For Suicide Prevention

*Q*uestion, *P*ersuade, *R*efer

BALANCED LIFE SKILLS

Become a QPR Gatekeeper – Learn QPR for Suicide Prevention

YOUTH SUICIDE AWARENESS Action Team

QPR trainings are available right here at BLS!

Join Mr. Joe and Kat Mahone, both Certified QPR Trainers, to learn more about this very important subject. YOU can save a life. We will be offering sessions over the next few months, please consider signing up for one. In order to accommodate busy schedules, we will host a class on each day of the week that the studio has classes. Join us while your child is on the mat.

What is QPR?

QPR stands for "Question, Persuade, Refer" – three simple steps to help respond to a person in need. This training is designed to teach you how to recognize the warning signs, clues and suicidal communications of people in trouble, and how to respond, in order to prevent a possible tragedy.

Why should I attend a QPR Gatekeeper Training?

The information you gain at this training could provide you the information needed to potentially save the life of another human being. QPR gatekeeper training takes just one hour and is taught in a format that is clear and concise. Gatekeepers are given information that is easy to understand and reinforced by a QPR booklet and card complete with warning signs, methods to encourage a person to get help and a list of resources available in your community.

Sessions will be offered on the following dates:

Monday April 23 @ 5:30 PM

Tuesday May 1 @ 5:30 PM

Wednesday May 23 @ 5:30 PM

Thursday June 7 @ 6PM

Sign up with Ariel to attend. Classes are offered FREE of charge!

Class size limited to 25 for each session due to space limitations.
We will have a wait list and will add classes for all who are interested.

Mr. Joe and Kat both serve on the Youth Suicide Awareness Action Team (YSA), funded by the Garrett Lee Smith Suicide Prevention Grant, which supports this QPR training. Over 10,000 people have been trained over the past 3 years, in order to help save a life. We hope you will consider being part of this important training too.

ASK A QUESTION, SAVE A LIFE

Visit http://www.qprinstitute.com/ for more information on QPR training and the QPR Institute.