



IT ONLY TAKES
60 minutes
to learn to
save a life

When a neighbor's tractor is stuck, you do not hesitate to help. However, when you see a family member, friend, or client stuck in a rut - & POSSIBLY SUICIDAL - it can be daunting to try and help and can leave you feeling powerless.

A friend is there to help when times are tough. Unfortunately, times are tough right now in agriculture. Depression, anxiety and suicide are products of the economic downturn. *Being a good friend is important now more than ever with our rural neighbors.*

Ask a question, save a life.

Key components covered in the Gatekeeper training:

- ▶ **HOW TO** Question, Persuade, and Refer someone who may be suicidal
- ▶ **HOW TO** get help for yourself or learn more about preventing suicide
- ▶ **THE** common causes of suicidal behavior
- ▶ **THE** warning signs of suicide
- ▶ **HOW TO** get help for someone in crisis

STATISTICS.

- ✔ Every 28 seconds, someone attempts suicide (CDC)
- ✔ There is 1 death by suicide in the US every 12 minutes (CDC)
- ✔ Male suicide rates are more than 3X's that of females (CDC)
- ✔ An estimated quarter million people each year become suicide loss survivors (CDC)



The mission of QPR is to save lives and reduce suicidal behavior by providing innovative, practical, and proven suicide prevention training.

QPR Training is for everyone, 16+.

To schedule your free, one-hour QPR Training or to learn more about QPR, call:
Destiny Brown at (218) 821-2501 - OR - email: dbrown@npmh.org



Support for this initiative provided by Sourcewell Innovation Funding, a program that funds innovative, collaborative, and lasting projects with widespread impact for schools and communities, throughout the counties of Cass, Crow Wing, Morrison, Todd and Wadena. Learn more at sourcewell-mn.gov

QPR Gatekeeper Trainings

Trainings are held every Tuesday and Thursday @ 2pm and Every Wednesday @ 11am.

- Dates: May 12th
May 13th
May 14th
May 19th
May 20th
May 21st
May 26th
May 27th
May 28th

Arrangements can be made to hold a training on a specific date and time, if your agency needs.

Please email me with the date of the training that you would like to attend at dbrown@npmh.org.

