



**IT ONLY TAKES**  
**60 minutes**  
**to learn to**  
*save a life*

## Ask a question, save a life.

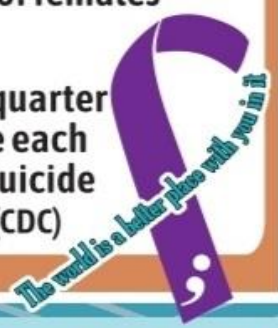
Key components covered in the Gatekeeper training:

- ▶ **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

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

## 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)



To schedule your free, one-hour QPR Training or to learn more about QPR, call:  
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