

# Macomb County Suicide Prevention Coalition Zoom Training

## QPR Suicide Prevention Gatekeeper Training

### What does QPR mean?

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

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

### What is a Gatekeeper?

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.



## Training Date

**When: Thursday, June 4, 2020**

**Where: Zoom**

**Time: 9:00 a.m. – 11:00 a.m.**

*FREE (donations to the Macomb County Suicide Prevention Coalition are always welcome)*

**Registration Required**

**CLICK HERE TO REGISTER**

---

### Macomb County Suicide Prevention Coalition

44001 Garfield Road | Clinton Township, MI 48038 | 586.228.3439 | <http://www.mcspc.org/>

**For questions regarding this training, please contact Nancy Buyle at [nbuyle@misd.net](mailto:nbuyle@misd.net) or 586.228.3439**