



**SUICIDE
AWARENESS
MONTH**



QPR stands for Question, Persuade, Refer. Like CPR, QPR is an emergency response protocol to help someone in crisis. These are three simple, but powerful steps. Learn how to use them properly and you can save a life from suicide.

QPR training participants will learn from a team of Certified QPR Gatekeeper Instructors:

- How to use the Question, Persuade, Refer technique
- Common suicide myths and facts
- Warning signs and clues that someone is considering suicide
- Tips for approaching the topic of suicide
- How to get a person considering suicide the help they need

Become a QPR Gatekeeper and help prevent suicide

Additional trainings available throughout the month of September.

Standard trainings available first Friday of each month.



Friday, September 6, 2:30 - 3:30 p.m.

<https://bit.ly/3yMdABK>
Meeting ID: 988 2216 5789
Passcode: 574213



Wednesday, September 11, 10 - 11 a.m.

<https://hsc-unm.zoom.us/j/93635980630>
Meeting ID: 936 3598 0630
Passcode: HOPE



Tuesday, September 17, 4 - 5 p.m.

<https://hsc-unm.zoom.us/j/98534147003>
Meeting ID: 985 3414 7003
Passcode: HOPE



Monday, September 23, 9 - 10 a.m.

<https://hsc-unm.zoom.us/j/97912842074>
Meeting ID: 979 1284 2074
Passcode: HOPE