

QPR

Gatekeepers Training for Suicide Prevention

“Question, Persuade, and Refer”

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 suicide crisis and how to question, persuade, and refer someone to help.

In San Diego County, one person dies by suicide every day.



CORONADO
Library

Thursday

September 14th

6:30-8:30pm

Winn Room

As a QPR-Trained Gatekeeper, you will learn to:

- Recognize warning signs of suicide
- Know how to offer help
- Know how to get help and **Save a Life**

QPR can be learned in this course in as little as 2 hours. Training is FREE. Sign up today!



***To register for this free training, send an email to: RSVP@Coronado.lib.ca.us**