



QPR Suicide Prevention Training

September-December 2022

Ask a question, save a life. An easy to learn process that helps you recognize the early warning signs of suicide.

All trainings will be taught virtually through Zoom.

A Zoom link will be emailed to registrants prior to training.

Registration Deadline is 1 day before start of training.

Instructors: Nanette Barker & Celyna Ramos

Question Persuade Refer

Wed. 9/07, 10:00 am-11:30 am

<http://mcoe.k12oms.org/1701-224837>

Fri. 9/09, 2:00 pm-3:30 pm

<http://mcoe.k12oms.org/1701-224839>

Wed. 10/19, 2:00 pm-3:30 pm

<http://mcoe.k12oms.org/1701-224840>

Tue. 11/15, 2:00 pm-3:30 pm

<http://mcoe.k12oms.org/1701-224841>

Tue. 11/29, 10:00 am-11:30 am

<http://mcoe.k12oms.org/1701-224842>

Mon. 12/05, 10:00 am-11:30 am

<http://mcoe.k12oms.org/1701-224843>

With QPR training, you have an opportunity to save a life. QPR is an evidence-based suicide prevention training that teaches basic skills.

Similar to CPR, the fundamentals are easy to learn. In this **FREE** certification training you will gain the skills to act and prevent a possible tragedy.

QPR training teaches you to follow three simple steps:

1. **Question** a person about suicidal thoughts
2. **Persuade** them to get help
3. **Refer** the person to the appropriate professional help or resource

Through this training and practice, you will learn how to recognize the warning signs of suicide, including verbal, behavioral, and situational cues.

For more information or questions please contact:

Celyna Ramos at cramos@mcoe.us

or

Natasha Carter at ncarter@mcoe.us



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