

Question, Persuade, and Refer (QPR) Gatekeeper Training for Suicide Prevention

A training presented by Riverside Trauma Center

The Pioneer Valley Coalition for Suicide Prevention and the Wilbraham Fire Department have partnered to bring suicide prevention training to your community.

Presenter:

Sarah Gaer, MA, is a Suicide Prevention Specialist at Riverside Trauma Center, an active member of the trauma response and community training teams, and a Master Trainer for the QPR Institute. She holds a Master's Degree in Clinical Mental Health Counseling.

Who Should Attend?

All members of the general public who are interested in increasing their understanding of mental health and substance abuse issues and how they relate to suicidal thoughts or feelings. Youth under 18 are welcome at this training but must be in the company of a parent/guardian.

When and Where

Monday, 3/19/18 , 6-7:30 pm (sign-in from 5:30-6 pm),
Wilbraham Police Department, 2780 Boston Rd,
Wilbraham, MA

Registration

This is a free training. You can pre-register at <https://qpr4wilbraham.eventbrite.com>. If you decide to go last minute, walk-ins will be welcome.

Refreshments will be provided by Rice's Fruit Farm in Wilbraham.

After the training, participants will:

- ◆ Be aware of statistical data about suicide nationally, statewide, and locally
- ◆ Recognize suicide warning signs and risk and protective factors
- ◆ Understand the importance of means restriction
- ◆ Have the ability to recognize someone at risk for suicide
- ◆ Possess the skills to ask an individual about suicide, persuade the person to seek help, and refer the person to local community, state, and national resources

The three steps of QPR:

- ◆ Question the individual's desire or intent regarding suicide
- ◆ Persuade the person to seek and accept help
- ◆ Refer the person to appropriate resources

www.riversidetraumacenter.org

Riverside Trauma Center
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Pioneer Valley Coalition
for Suicide Prevention

