



BECOME A QPR GATEKEEPER

Funding provided by the Redbud Foundation.

WHAT IS QPR?

QPR stands for Question, Persuade and Refer - the three steps anyone can learn to help prevent suicide. Just as people trained in CPR 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.

WHAT IS A GATEKEEPER?

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Anyone can be a gatekeeper!

- Parents
- Educators
- First Responders
- Ministers
- Neighbors
- YOU!

YOU WILL LEARN:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

FREE TRAININGS

All trainings will be at
Astra Mental Health & Recovery
330 SW Oakley Ave., Topeka

UPCOMING TRAININGS

- March 10 8-10 a.m.
- May 12 3-5 p.m.
- June 24 11-1 p.m.
- Sept. 2 8-10 a.m.
- Oct. 12 3-5 p.m.
- Dec. 4 8-10 a.m.



INSTRUCTOR

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REGISTER

Scan the QR code, call or email the instructor using the info above.



AstraKS.org | 785.215.8888