

QPR GATEKEEPER

SUICIDE PREVENTION WEBINAR



988 SUICIDE & CRISIS
LIFELINE
24/7 CALL, TEXT, CHAT



WHEN:	WHERE:	REGISTRATION:
Thursday January 11th, 2024 <u>5:30pm- 7:30 pm</u>	ZOOM Webinar COST: FREE	



Life's pressures and expectations can be emotionally draining, causing exhaustion and burnout. Seasonal pressures, depression, and grief often increase around the holidays. Everyone can be impacted in different ways. Join our free course to learn listening skills to enhance awareness of warning signs of suicide and be ready to offer support! Anyone could be at risk for depression, or have moments of overwhelming stress that increase risk of suicide.

AUDIENCE: We encourage everyone to participate in our course, including friends, teachers, pastors, emergency responders, and many others in a position to strategically recognize and refer someone at risk of suicide.



OUR MISSION:

"To save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know."

Trainer:

Stacy Snyder
Madison County Health Department
Public Health Educator

Contact:

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If you or someone you know needs support now, call or text 988 or chat 988Lifeline.org. 988 connects you with a trained crisis counselor who can help.

<https://qprinstitute.com/about-qpr>