



We can all save lives



You are invited to attend

QPR Gatekeeper suicide prevention training for community members presented by Certified Trainers from Northeast Kingdom Human Services, Inc.

When: Thursday, January 31, 2019

10:00 a.m. to noon

Where: NKHS 181 Crawford Road,
Derby, Vermont

Memphremagog Conference Room

When: Wednesday, February 6, 2019

1:30 p.m. to 3:30 p.m.

Where: NKHS 2225 Portland Street, St.
Johnsbury, Vermont

Sun Room Conference Room

To register: Contact Ruth Marquette at RMarquette@nkhs.net or call 802-334-6744 ext. 2140 by the Monday before the training. A \$5.00 per person fee will be collected when you arrive at the training to cover training materials. Space is limited to 15 participants.

"This training was very informative and the open discussion also helped relate it to real life."

"I loved breaking the taboo and talking about this. I feel very good about talking about this in the future."

- ◆ QPR stands for Question, Persuade, Refer
- ◆ Replace myth with fact
- ◆ Learn how to ask a question and save a life
- ◆ Receive suicide prevention contact numbers

"This is so needed for the community! Thank you!"

Before the training, 7% had a high level of understanding about suicide prevention. After the training, 48% felt their understanding was high.

The **Mission of NKHS** is to enrich communities and enhance the ability of individuals and families to improve their lives.

The **QPR mission** is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

This QPR Gatekeeper Training is supported in part through funding from Northern Counties Health Care. Thank you!