

September is National Suicide Awareness Month

Youth QPR (Question. Persuade. Refer.) Suicide prevention Training Schedule

September is National Suicide Prevention Awareness month. While we aim to prevent suicide everyday, we will be placing additional focus on sharing resources, stories, education in order to shed light on a highly stigmatized topic. This month will be used to support those impacted by suicide, raise awareness to prevent suicide and educate the community on the resources available. This session is sponsored by the Mount Hebron PTSA and is appropriate for students aged 13 & up, their families & anyone who work with youth. Because of the nature of this training, we ask that parents/guardians be on the call with their children.

QPR stands for Question, Persuade and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver 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.



KEY COMPONENTS COVERED IN TRAINING:

- How to Question, Persuade and Refer someone who could 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



For more information about this evidence-based practice, go to qprinstitute.com



Mount Hebron High School
PTSA

Cost: FREE (thanks to a grant from Horizon Foundation)

Who: this session is sponsored by Mount Hebron PTSA and is geared toward youth suicide prevention and intended for youth ages 13 & up, their families or anyone who works with youth

When & Where: All trainings are offered via ZOOM (link emailed 24 hours before training)

Monday, September 21: 7:00 PM-8:30 PM (EST)

Register by going to www.grassrootscrisis.org/events/

For questions regarding the training please contact Amanda@grassrootscrisis.org

