

Available Suicide Prevention Trainings

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

The **QPR Gatekeeper Training for Suicide Prevention** is a 3 to 4 -hour educational program designed to teach “gatekeepers” (those who are strategically positioned to recognize and refer someone at risk of suicide) the warning signs of suicide and how to responsibly respond by following three steps:

1. Question the individual’s desire or intent regarding suicide
2. Persuade the person to seek and accept help
3. Refer the person to appropriate resources

A QPR Gatekeeper Training is free and open to all providers, schools, organizations, and those who live and work in the community. QPR, guided by certified trainers, is a program designed for everyone to learn what can be done to prevent suicide. In short, the more people trained in QPR, the more lives should be saved.

Mental Health First Aid Training (Youth and Adult Courses)

Mental Health First Aid is a free 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. Mental Health First Aiders learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports.

The adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem.

Youth Mental Health First Aid is appropriate for anyone 18 years and older (parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, etc.) how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Coordinated by:



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