

MENTAL HEALTH AWARENESS WEEK

GATEKEEPER - MENTAL HEALTH FIRST AID BASICS AND QUESTION, PERSUADE & REFER (QPR)

**NOVEMBER 9, 2-4 PM; NOVEMBER 11, 1-3 PM;
NOVEMBER 18, 9-11 AM; NOVEMBER 20, 10 AM -12 PM**

BESTSELF BEHAVIORAL HEALTH 2 HOUR VIRTUAL TRAINING MAXIMUM 35 REGISTRANTS PER SESSION

What is a Gatekeeper?

According to the Surgeon General's National Strategy for Suicide Prevention, a Gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeeper include students, faculty, staff, parents, friends, neighbors, and many others who are strategically positioned to recognize and refer someone at risk of suicide or other mental health emergency.

QPR stands for Question, Persuade, and Refer. Three simple steps that 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. Each year thousands of people, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Mental Health First Aid basics teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. This basics training helps you identify, understand, and respond to signs of mental illnesses and substance abuse disorders. Mental Health First Aid is an international program proven to be effective. **Peer reviewed studies published in Australia, where the program originated; show that individuals trained in the program:**

- **Grow their knowledge of signs, symptoms, and risk factors of mental illnesses and addictions**
- **Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction**
- **Increase their confidence in and likelihood to help an individual in distress**
- **Show increased mental wellness themselves**

VISIT [BIT.LY/GATEKEEPERQPR](https://bit.ly/gatekeeperqpr) FOR MORE INFORMATION AND TO REGISTER.

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