

SUICIDE PREVENTION

Q P R G A T E K E E P E R T R A I N I N G

Q U E S T I O N , P E R S U A D E , R E F E R



In partnership with



Colorado Department of Public Health and Environment
Office of Suicide Prevention

303-692-2539

➔ *To set up a Gatekeeper Training or if you have any questions, please contact Maranda Miller, the LifeSource Program Coordinator at Rural Solutions. The training takes only about an hour to complete and is completely free.*

RURAL SOLUTIONS

115 North 5th Ave.
P.O. Box 503
Sterling, CO 80751
Phone: (970) 526-3616
Fax: (970) 526-3617
E-mail: maranda.miller@rural-solutions.org



A Gatekeeper is anyone trained to recognize a suicide crisis and know how and where to find help. Training is now available in your area through the LifeSource program of Rural Solutions. QPR Gatekeeper Training was created and developed by Paul Quinnett, Ph.D., of Spokane, Washington. Dr. Quinnett began a QPR Instructor Certification Program to allow qualified candidates to teach QPR and increase the number of gatekeepers trained to act in a bold and positive manner to prevent a suicide and save a life.

The founders of QPR believe that most people contemplating suicide – whether because of depression or some other significant problem – will turn to a friend, a family member, a parent, a clergy person, or physical health professional instead of seeking the help of a mental health professional. Therefore, anyone who is in routine contact with a distressed individual stands the best chance of intervening. That is why LifeSource encourages everyone to learn these skills. The information presented in the training is easy to understand and reinforced by a QPR booklet and card complete with warning signs, methods to encourage a person to get help and a list of resources available in your community.