

# BECOME A GATEKEEPER!

## LEARN 3 SIMPLE STEPS TO HELP SAVE A LIFE FROM SUICIDE

*LifeAct has proudly partnered with the QPR Institute to offer  
FREE, virtual Gatekeeper Training.*



### QUESTION. PERSUADE. REFER.

QPR Gatekeeper training is an emergency mental health intervention for people experiencing a mental health crisis. Just as people trained in CPR help to 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.

### SCHEDULE YOUR FREE, VIRTUAL TRAINING TODAY!

LifeAct is providing QPR Gatekeeper Training to businesses, school leaders, community groups, churches, and other organizations- free of charge. QPR training is also open to the public on the 2nd Wednesday of every month from 7-8pm. Class sizes are limited to 30 participants. Registration required.

### REGISTER TODAY!

EMAIL: [SCHEDULEPROGRAM@LIFEACT.ORG](mailto:SCHEDULEPROGRAM@LIFEACT.ORG)

### QUESTIONS?

CALL LIFEACT AT 216.464.3471



QPR Gatekeeper training is offered to adults 18 years or older and is free of charge.  
Training dates: Oct 14, Nov 11, Dec 9, Jan 13, Feb 10, Mar 10, Apr 14, and May 10