



Empowering Minds, Transforming Lives

QPR Gatekeeper Training – Come Join Us in Being a Part of the Solution!

Suicide is a public health issue. Nearly 40,000 people in the United States die from suicide annually, or 1 person every 13 minutes. More people die by suicide than from automobile accidents.

Take the QPR (**Question, Persuade, Refer**) Suicide Prevention Course. In as little as 1½ hours, individuals can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life.

Each attendee will receive a QPR booklet and card with information on suicide prevention, as well as resource information for treatment and supports within their community.

The classes offered are four separate sessions of the same presentation, thus attendance is only needed at one session. A minimum enrollment of 5 persons must be reached to host the course.

All sessions will be held at the McHenry County Mental Health Board in Conference Room D located at 620 Dakota Street, Crystal Lake, IL. 60012

Tuesday, March 7, 2017, 2:30 – 4:00 p.m.

Saturday, March 18, 2017, 10:00 – 11:30 a.m.

Wednesday, April 5, 2017, 6:30 – 8:00 p.m.

Tuesday, April 11, 2017, 6:00 – 7:30 p.m.

Registration can be completed through the Mental Health Board at 815-455-2828 or visit us online at www.mc708.org.