



QPR Gatekeeper Training

Tuesday, December 4, 2018, 2:00 - 3:30 p.m.

or

Monday, December 10, 2018, 6:00 - 7:30 p.m.

McHenry County Mental Health Board

620 Dakota Street, Crystal Lake

To register contact the Kris Doherty at 815.455.2828 or kdoherly@mc708.org.

A minimum enrollment of 5 participants must be reached to host the course.

You Can Make a Difference!

Suicide is a public health issue. Over 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.

