



## QPR Gatekeeper Training

**Tuesday, December 10, 2:30 pm - 4:00 pm**

**Monday, December 16, 6:00 pm - 7:30 pm**

**McHenry County Mental Health Board  
620 Dakota Street, Crystal Lake**

*To register contact Kris Doherty at 815.455.2828 or [kdoherty@mc708.org](mailto:kdoherty@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.**

