

QPR Gatekeeper Training "Question, Persuade, Refer"

with Kim Seeberger and Heidi Kendall

Tuesday, March 21, 2017 - 0730-0930

Tuesday April 4, 2017 - 1730-1930

Monday, April 10, 2017 - 1730-1930

Tuesday, May 9, 2017 - 0730-0930

St. Patrick Hospital Broadway Conference Center

Sponsored by St. Patrick Psychiatric Services and Project Tomorrow



Suicide Prevention Training

**Montana currently has the highest suicide rate in the U.S.
We can all do something about it! It only takes a little over an hour**

Everyone is encouraged to attend one of these 90 minute presentation by Kim Seeberger and Heidi Kendall of the Project Tomorrow Montana associated with the Missoula City-County Health Department. Kim and Heidi's presentation "**QPR Gatekeeper Training - Question, Persuade, and Refer**" is the psychological equivalent of CPR. Gatekeepers are those people in a community with basic training in recognizing the signs of possible suicide behavior and how to intervene. The goal of the Suicide Prevention Network is to train as many people in our community as possible to detect at-risk behavior.

Suicide happens in all age and socioeconomic groups, and is generally caused by feelings of hopelessness and helplessness. In the aftermath of a suicide death, the most commonly asked question is, "Why?" This course helps to understand the question and reduce the guilt the people feel over the death of a friend, neighbor, coworker, or family member. In 90 minutes you will learn how to ask the right questions and get help for the suicidal person.

Please participate in this program which can be literally lifesaving!