

The San Diego County Suicide Prevention Council in collaboration with



present...



“QPR: Question, Persuade and Refer” Gatekeeper Training for Suicide Prevention

Anyone can learn these 3 simple steps to help save a life

Just as people trained in CPR and the Heimlich Maneuver help 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.

Each year, thousands of Americans like you are saying “**Yes**” to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in this Gatekeeper course in as little as one hour.

As a QPR-trained Gatekeeper, you will learn to:

- Recognize warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Cost: Free
Light refreshments will be provided

Dates: Thursday, September 8
1:00—2:00 p.m.

Place: El Cajon Library
201 East Douglas
El Cajon, CA 92020

Audience: Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters, and many others

Questions: Bindu Khurana
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Guest Speaker:

Susan Bergeson

Vice President of Consumer Affairs for OptumHealth

Susan Bergeson is charged with overseeing public sector network operations by providing guidance, strategy and fostering a culture of Recovery and Resiliency. She promotes practices that are anchored in the belief that people with mental illness are able to live, act, work and participate productively in their communities despite their disability, and are resilient and able to rebound from trauma, stigma and other stresses with a sense of mastery. Ms. Bergeson is a consumer with the lived experience of recovery. She is also a family member who struggled to support her beloved sister who died by suicide in 1999.

Space is Limited— Please RSVP to attend the training

On average in the United States, one person dies by suicide every 16 minutes.

In San Diego County, one person dies by suicide every day.



San Diego Access & Crisis Line (800) 479-3339

24 hours a day, 7 days a week

www.up2sd.org