At risk? Call/Text 988 or Chat at 988Lifeline.org

QPR INSTITUTE

High Plains MENTAL HEALTH CENTER



WHAT IS QPR

The QPR Institute's mission is to save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training.

We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

WHAT IS A QPR GATEKEEPER

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

QPR Gatekeepers can be anyone, but include

- Parents
- Teachers
- Minister
- Youth
- Doctors
- First Responders
- Mental Health Professionals
- And YOU!

AS A CERTIFIED QPR GATEKEEPER YOU WILL LEARN TO

1. Recognize the warning signs of suicide
2. Increase awareness of stigma and understand suicide as a public health issue
3. Know how to offer hope
4. Know how to access local and national referral resources
5. Know how to get help and save a life

TRAINING INFORMATION

DATE & TIME

Thursday, October 23, 2025

6:30 PM-8:30 PM

LOCATION

SurePoint Electronics
11965 Highway 25, Atwood, KS

*Participants must attend the entire course in order to receive certification *If you are attending a virtual training, please ensure that your video remains on at all times

INSTRUCTOR CONTACT INFORMATION

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To contact the QPR Institute:

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