



YOU CAN ASK A QUESTION AND **SAVE A LIFE**

QPR stands for **Question, Persuade, and Refer** – three simple steps anyone can learn to help save a life from suicide. QPR saves lives by providing innovative, practical, and proven suicide prevention training. QPR trains ordinary people to recognize the warning signs of a suicide crisis and then to question, persuade, and refer someone for help.

A QPR Gatekeeper is anyone who can recognize warning signs that someone may be contemplating suicide. QPR Gatekeepers include parents, friends, neighbors, co-workers, and others who can identify someone at risk of suicide and refer them to services that will help keep them safe for now. **Anyone can become a trained QPR Gatekeeper.**

To do so, we invite you to join us for one of the QPR training workshops scheduled September 10-17, 2023. Once you're certified, you'll know how to:

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

Minors should be accompanied by a parent or guardian. Any minor attending a QPR training workshop with a group or individually will need to have their [parent's permission to attend](#).

Funding provided by: NE UNL Policy Center/GLS/SAMSHA 80%; DHHS Behavioral Health, Partnership for Success 20%; Region V Systems.



Visit TalkHeart2Heart.org/Resources/QPR-Training to learn more about these free, 90-minute training workshops and join us in saving lives.



Attend a QPR Workshop Near You:

All trainings are in Lincoln, Nebraska, unless noted

SUNDAY, SEPTEMBER 10

Raymond United Methodist
14750 N. 3rd St.
Raymond, NE
at 11:15am

Trinity United Methodist
7130 Kentwell Lane
at 2pm

MONDAY, SEPTEMBER 11

American Lutheran
4200 Vine St.
at 6:30pm

**First Plymouth United
Church of Christ**
2000 D St.
at 6:30pm

**SouthPointe Christian
Disciples of Christ**
7010 Helen Witt Dr.
at 6pm

TUESDAY, SEPTEMBER 12

Our Saviour's Lutheran
1200 S. 40th St.
at 6pm

**Shepherd of the Hills
Lutheran Church**
6901 Panama Rd.
Hickman, NE
at 7pm

WEDNESDAY, SEPTEMBER 13

**Christ Lincoln
Sumner Campus**
4325 Sumner
at 6:30pm

**Christ Lincoln
Yankee Hill Campus**
6700 Chatsworth Lane
at 6:30pm

Pius X High School
6000 A St.
at 7pm

St. Andrews Lutheran
1015 Lancaster Ln.
at 7pm

THURSDAY, SEPTEMBER 14

Grace Lutheran
2225 Washington St.
at 4pm and 7pm

Neighbors Church
575 Fallbrook
at 6:30pm

Sheridan Lutheran
6955 Old Cheney
at 6:30pm

FRIDAY, SEPTEMBER 15

Zoom Option (Morning)
us02web.zoom.us/j/5172263286
at 6am

Zoom Option (Lunch)
us02web.zoom.us/j/5172263286
at 12pm

SATURDAY, SEPTEMBER 16

Bethany Christian Church
1645 N. Cotner
at 10am

SUNDAY, SEPTEMBER 17

Edenton Christian Church
7001 Edenton Rd
at 2pm



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TALK
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