

QPR Suicide Prevention Gatekeeper Training for Schools.



QPR stands for Question Persuade and Refer. Based on the same principles as CPR it is about identifying someone in difficulty, persuading them to get help and supporting them in accessing the professional help that they need.

This easy to learn 3 step approach is the most taught suicide intervention gatekeeper programme in the World and has been taught to over 3 million people across the globe.

Have [You got 2 hours of your time](#) to learn these 3 steps that could save a life? Research tells us that the more people in a school or community who know CPR the greater the probability of a person surviving a heart attack. Similarly, for QPR and mental health. The more people in a school trained as QPR Gatekeepers the safer the school is for pupils and teachers.

As a QPR-trained Gatekeeper you will learn to:

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

Minimum learning objectives:

Recognise someone at risk of suicide.
Recognise some warning signs/risk factors.
Recognise some protective factors.
Demonstrate increased knowledge of intervention skills.
Demonstrate how to ask about potential suicidal intent.



MOCT
TRAINING & CONSULTANCY

Date: Thursday 9th May 2019
Time: 7pm – 9pm
Venue: Mayo Education Centre

By undertaking gatekeeper training you are contributing to making your school a suicide safer community. All attendees will receive a [certificate of attendance](#) for CPD purposes along with reference material including a [QPR Booklet](#) in pdf format which includes the narrative of the slides used during the workshop.

To book for this workshop, log onto Mayo Education Centre website at www.MayoEducationCentre.ie