

# QPR SUICIDE PREVENTION TRAINING

Work Life Balance Committee  
Staff Council

MS Coalition Partners in Prevention (MCPPI)

have partnered to offer training for

**MSU Faculty and Staff**  
**Tuesday, April 21, 2015**

**SESSIONS AVAILABLE:** 10:00 am - Noon or 3:00 pm - 5:00 pm

**LOCATION:** Longest Student Health Center - Room 350

**WHO SHOULD ATTEND:** Do you know people in your personal life or interact with students or colleagues that might be facing a mental health emergency? This training will help you to get a person at risk the help they need. You may not know that person today, but what you learn now may help to save a life in the future.

**DESCRIPTION:** QPR stands for Question, Persuade, and Refer—3 simple steps that anyone can learn to help save a life from suicide. 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. As a QPR trained Gatekeeper, you will learn to: recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life. There are no expectations of prior training for the participants. The only specification is that the training participants are in groups of 35-40 or less. This improves the effectiveness of the training. The length of the training is 1 hour and 30 minutes to 2 hours. Participants will be given booklets with national and local resources. This is a free training being offered through the SAMHSA (Substance Abuse and Mental Health Services Administration) Garrett Lee Smith Campus Suicide Prevention Grant that was awarded to MSU.

Call JuLeigh Baker at (662) 325- 2141 for additional information.

## **REGISTRATION REQUIRED:**

If you are interested in attending, please follow the steps listed below to register.

- 1) Click on this link: <http://www.hrm.msstate.edu/development/upcoming/>
- 2) Under “Upcoming Workshops”, click on for “QPR Suicide Prevention - Morning/Afternoon”. Click on the session you wish to attend.
- 3) You will see the course detail. Directly below the course detail, click on the link that reads "Register for the workshop"
- 4) You will need to enter your MSU NetID and password and follow the instructions to complete your enrollment.



## **Questions**

Darrell Easley, HRM, will be coordinating enrollment. If you have any questions about registration for this course or require special assistance relating to a disability, please contact Darrell at [deasley@hrm.msstate.edu](mailto:deasley@hrm.msstate.edu) or 662.325.3713.