



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
heart2heart