



# *Suicide*

*Let's Talk, Wyoming.....*

*Our son  
Matt is  
the face  
of Suicide*

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# QPR Training

QPR stands for Question, Persuade, and Refer – the 3 simple steps 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. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.



QPR can be learned in our Gatekeeper course in as little as one hour.

# What is a Gatekeeper ?

- Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

## Importance of QPR

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As a QPR-trained Gatekeeper you will learn to:

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Recognize the warning signs of suicide

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Know how to offer hope

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Know how to get help and save a life

# Success Stories

Boys & Girls Clubs across Wyoming and Montana are doing these trainings and 11 lives have been saved in just the Central WY Clubs alone

I have had numerous people reach out for help for loved ones and have helped them seek help

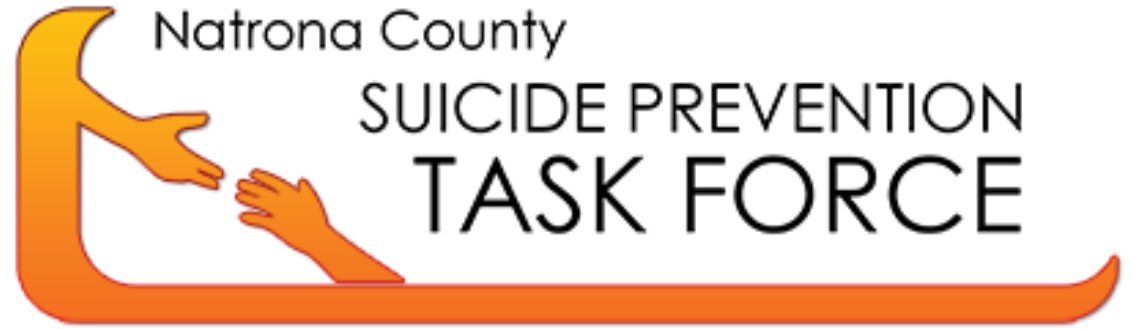
I have had personal experiences of people telling me how QPR trained survivors telling their stories and helping them are why they are here today

"Make your mess your message" is a way of life for so many WY people working everyday to make it so that not one more person will lose someone they love to suicide



*Nationwide  
Help  
Numbers*

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## Mercer House S.P.A.T.

- The Suicide Prevention Awareness Team is a group of youth who are members of the Youth Empowerment Council. They strive for excellence in our community and provide peer to peer presentations throughout our school district and community.