FAILSAFE FOR LIFE

Ending suicide through connection, education & hope

QPR SUICIDE PREVENTION TRAINING

SPONSORED BY FAILSAFE FOR LIFE
TRAINING FACILITATED BY SABRINA VOTAVA

DATE: Thursday, December 3, 2026

TIME: 1:00 PM - 3:00 PM

PLACE: Virual via Zoom

COST: FREE, sponsored by Better Health Together and the generous supporters of FailSafe for Life.

ABOUT THE TRAINER:

Sabrina Votava is the founder of FailSafe for Life and an educator on suicide prevention and intervention. Having worked in this field for over two decades, her passion is evident in her trainings. Her personal experiences coupled with years of research give her the ability to connect with a wide variety of audiences from youth to adults, non-experts to professionals. In addition to being certified in several suicide prevention programs, she holds a B.S. in Public Health, an M.A. in Social and Behavioral Health, and is licensed in Washington State as a Mental Health Counselor.

ABOUT QPR:

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.

LEARN HOW TO:

- Recognize someone in crisis
- Review the risk of suicide
- Reach out and offer support
- Apply a suicide intervention model
- Link people with community resources

TERMS:

- All participants age 16 and older are welcome to attend
- Cameras MUST BE ON for the duration of the training
- Please, one person per screen/camera
- Pre-registration is required, as space is limited

REGISTER TODAY AT
WWW.FAILSAFEFORLIFE.ORG