



# QPR GATEKEEPER TRAINING

*SPONSORED BY FAILSAFE FOR LIFE  
TRAINING FACILITATED BY SABRINA VOTAVA*

## **DATE:**

May 25, 2022 | 6:00 PM - 7:30 PM

**PLACE:** Virtual via Zoom

## **COST:**

FREE, sponsored by Providence Health and Services and the generous supporters of FailSafe for Life.

## **ABOUT THE TRAINER:**

Sabrina Votava is the board president for FailSafe for Life and an educator on suicide prevention and intervention. Having worked in this field for over a decade, 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 and an M.A. in Social and Behavioral Health.

## **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
- Pre-registration is required, as space is limited

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