

# QPR Training



This is a one-hour workshop is for members of the community over the age of 16 who want to learn best practices in suicide prevention.

Question, Persuade, Refer (QPR) - Learn the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million\* adults have been trained in classroom settings in more than 48 states.

**Where: Mesabi Range College - Theatre**

**When: February 22**

**Time: 11:00 –12:00 p.m.**

**Presented by National Alliance on Mental Illness & Sponsored by Essentia Health & Mesabi Range Diversity Committee**

**MESABI**  
*Range College*

# safeTALK



**safeTALK** – Learn how to support someone's desire for **safety** by recognizing the warning signs of suicide, identifying people who are at risk, and applying the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person to suicide first aid resources. Listed on the national best practice registry, safeTALK allows time for both practice and discussion. safeTALK is based on research that shows people experiencing thoughts of suicide often send out subtle invitations to help them stay safe. This three-hour workshop is for members of the community over the age of 16 who want to learn and practice the basic best practices in suicide prevention.

**Where: Mesabi Range College - Theatre**

**When: February 22**

**Time: 1:00 –4:00 p.m.**

**Presented by National Alliance on Mental Illness & Sponsored by Essentia Health & Mesabi Range Diversity Committee**

**Registration is limited to the first 35 participants you must email to reserve your seat:**

**[d.olson@mesabirange.edu](mailto:d.olson@mesabirange.edu) and receive a confirmation.**

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