



QPR GATEKEEPER TRAINING

Sponsored by FailSafe for Life
Training facilitated by Sabrina Votava

Date: Thursday, March 13, 2025

Time: 1:00 PM - 3:00 PM

Place: Virtual (virtual via Zoom)

Cost: FREE, sponsored by the generous supporters of FailSafe for Life

ABOUT THE TRAINER:

Sabrina Votava is the founder and Executive Director of 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, gives her the ability to connect with a wide variety of audiences from youth to adults, and non-experts to professionals. In addition to being certified by several suicide prevention programs, she holds a BS in Public Health and an MA 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
- Cameras **MUST BE ON** for the duration of the training
- Please, one person per screen/camera
- Pre-registration is required, as space is limited
- Attendees will be sent a Zoom link following registration

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