



## Jake's Hope QPR Training

Our mission is to educate through QPR training for suicide prevention, openly discuss mental health and create a community dedicated to STOP bullying and get connected. Accredited suicide prevention training to save lives and reduce suicidal behaviors by providing innovative and practical training. **This training qualifies for Continuing Education credits.**

Do you have 60 minutes to save a life?  
**QPR is the CPR of mental health**

**QPR Training includes:**

- Myths and facts about Suicide
- Warning signs of suicide
- How to apply QPR
- How to offer hope and support

### About us

Jake's Hope offers public and private suicide prevention training presented by a certified QPR trainer. QPR stands for Question, Persuade & Refer and is a nationally recognized suicide prevention program created by Dr. Paul Quinnett and the QPR Institute. This simple education program teaches ordinary people how to spot a suicide crisis and what steps to take to save a life.



#### **Amy Seeger, Certified QPR Trainer**

##### *During this training you will learn about:*

- Statistics on suicide nationally and in your county
- Suicide myths and facts
- Warnings signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- How to refer an at-risk person to local resources

##### *This training is intended for a variety of audiences including:*

- General public (Appropriate for 7<sup>th</sup> grade and up)
- Parents
- Human Resources staff
- Primary care & social service providers
- Education staff
- Law enforcement, fire dept. staff, first responders & health officials



### Contact us

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