



Reach UR Life (RUL)
Suicide Prevention Program
Native Americans for Community Action, Inc. (NACA)

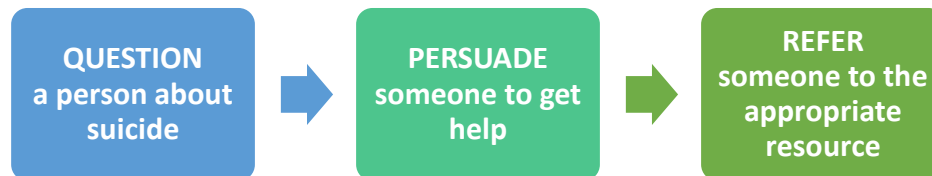
FREE SUICIDE PREVENTION TRAINING

QUESTION, PERSUADE, REFER (QPR)

Online QPR Training

The RUL program is offering an online, self-paced QPR training where participants can learn the warning signs for suicide, how to offer hope, and how to seek help to save a life. A limited number of training spaces are available for community members, educators, mental, behavioral and other health professionals, veterans, first responders, parents, and others who are interested in suicide awareness and prevention.

The training consists of three skills:



The training can be completed in one hour and is taught in a format that is clear, concise and applicable for a wide variety of audiences. Gatekeepers are given information that is easy to understand and reinforced by a digital copy of the QPR booklet and wallet-sized card complete with warning signs, methods to encourage a person to get help, and a list of resources available in the community. The training also includes the e-book, "Suicide: the Forever Decision," by Dr. Paul Quinnett. Completion certificates will be presented to participants when they have completed the training.

Training Requirements:

Participants must meet the following requirements to enroll and partake in the online training:

- Be 18 years old or older.
- Understand and agree that the RUL program will monitor training progress and send out reminders to complete the training.
- Agree to complete training by December 30, 2020, 4:00 pm MST.

Registration:

Click [HERE](#) to register for this training.



For more information or to register for the online training, contact:

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