

**FREE TRAINING**

# **Suicide Prevention Training: QPR & Lethal Means Safety**

**Presented By: Mary Jo Pine, RN, &  
Lisa Bershok, MSW, LCSW**

**Suicide Prevention Coordinators, St. Cloud VA Health Care System**

**Date: Wednesday, June 6, 2018 Time: 1:00pm – 3:00pm**

**Location: Great River Regional Library- Mississippi Room  
1300 West St. Germain Street  
St. Cloud, MN 56301**

**Participants Will Learn:**

- Question Persuade Refer (QPR) Gatekeeper Training.
- Acquire skills for identifying the warning signs of suicide and responding appropriately and quickly.
- Identify crisis resources in the area and learn how and when to access them.
- Facilitating lethal means safety is an essential component of effective suicide prevention, and the creation of safety plans which identify and decrease access to lethal means has been found to reduce the risk of suicide.
- Learn how to have recovery-oriented conversations regarding lethal means and safety.
- Learn how to define the difference between acute and chronic suicidal risk, and how to create safety plan mechanisms for firearms and medications.

RSVP to [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us) is appreciated as seating is limited.

*A Certificate of Attendance will be provided for CEUs*

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

Training is brought to you by:



**Adult Mental Health Initiative**  
*Benton, Sherburne, Stearns, Wright Counties*

Please visit us at [www.mnmentalhealth.org](http://www.mnmentalhealth.org) to sign up for future trainings and announcements.