

# SAVE A LIFE FROM SUICIDE



Join the Y's suicide prevention training to learn 3 steps that help save lives: **Question, Persuade and Refer (QPR)**

QPR-Trained Gatekeepers will learn how to:

- > Recognize warning signs of suicide
- > Offer hope and alternatives
- > Get help for someone in crisis



.....  
**March 20, 2024 | 12 - 1 P.M.**

**ZOOM Meeting ID: 795 487 0087**

**<https://ymcanj.org/QPR324>**  
.....

**Certificates will be issued after workshop completion.**

**Course Capacity:  
20 Registrants**



**Funded by The Horizon  
Foundation for New Jersey**

**To register for this no-cost training, contact  
QPR Certified Gatekeeper Instructor  
Marissa Murray at [mmurray@ymcanj.org](mailto:mmurray@ymcanj.org)**

**» [ymcanj.org](https://ymcanj.org)**

**YMCA OF GREATER MONMOUTH COUNTY**

**Counseling & Social Services**

166 Main Street  
Matawan, NJ 07747

732.290.9040  
[info@ymcanj.org](mailto:info@ymcanj.org)

**YMCANJ.org**



**Here for all.**

Financial assistance is offered  
based on availability of funds.

324-6316.03-CSS