

ALL STAFF, PARENTS, COMMUNITY MEMBERS

SUICIDE PREVENTION

**Become a Gatekeeper
Question, Persuade, And Refer:
Three Simple Steps to Help Save a Life**

Why?

- In the US in 2004, 32,439 people completed suicide.
- In WI, suicide is the 2nd leading cause of death for adolescents.
- In WI in 2006, 668 people died by suicide while 194 people died by homicide.
- In McFarland in 2009, 79 high school students reported thoughts of suicide while 28 middle level students reported thoughts of suicide.

What?

In ONLY ONE HOUR YOU CAN BECOME A GATEKEEPER through Q.P.R. Training

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers include parents, friends, neighbors, teachers, educational assistants, administrators, cafeteria workers, custodians, ministers, health professionals, police officers and many others who are strategically positioned to recognize and refer someone who is at risk of suicide.

As a Q.P.R. trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

When?

On December 8, 2010, from 3:00-4:30pm, Eric Garland (Mental Health America of Wisconsin) will be offering Q.P.R. training to anyone interested in learning the three simple steps that may help save a life. Professional Development hours will be available.

Where?

Elementary School Library

***Please join us at this valuable training
to learn how you can make a difference!***

Questions? Call or email Penny Simmons at 838-4514 or
penny_simmons@mcfarland.k12.wi.us