

# Fight back against suicide: be a gatekeeper and save a life

## Become a Gatekeeper: help military families and spread awareness

### What is a gatekeeper?

A gatekeeper is anyone trained to recognize a suicide crisis and because of their training, knows how and where to find help.

### What is the training?

The 90 minute session, facilitated by certified instructor, will provide a video presentation and open discussion focusing on acronym QPR - Question, Persuade, and Refer. QPR is intended to teach those who are in a position to recognize the warning signs and clues of those in trouble and to act vigorously to help prevent a possible tragedy.

The Gatekeeper Workshop is scheduled for Wednesday, September 15 at 3:30 pm in the Post Chapel.

### What will you learn at the training?

- Recognize signs of depression
- Recognize indicators for suicide
- Learn how to encourage someone to seek help
- Learn when and where to find help in your community

### Who will provide the training?

Dr. Ines Roes of the Dunham Army Health Clinic is a licensed psychologist and certified QPR instructor.