

# Carlisle spouses: Become a gatekeeper

## **Invitation to Spouses' Gatekeeper training: 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.

### **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 Roe of Dunham Health Clinic is a licensed psychologist and certified QPR instructor.

**When:** Thursday Oct. 15 from 6:30 to 8 pm - or - Friday, Oct. 16 from 10 to 11:30 am

**Where:** Dunham Health Clinic Suite 800

**Register:** Call Dee Shives, 245-4602