



AGC
NEBRASKA BUILDING CHAPTER
THE CONSTRUCTION ASSOCIATION



GC & SC ROUNDTABLE: QPR Training—Question, Persuade, and Refer

DATE: Wednesday, March 22, 2023
TIME: 3:00 – 5:00pm
LOCATION: Round the Bend Steakhouse, Conference Center, Ashland

QPR stands for **Question, Persuade, and Refer** — three simple steps anyone can learn to help save a life from suicide. The goal is to reduce suicidal behaviors and save lives by providing innovative and proven suicide prevention training.

A gatekeeper is someone that has completed this training and knows how to recognize the warning signs of a crisis or someone contemplating suicide. Anyone can become a QPR-certified gatekeeper.

Once you're certified, you'll know how to:

- Recognize the warning signs of suicide
- Question, persuade, and refer someone for help
- Use local and national resources to offer hope through positive action

Presented by: Kayla Lathrop, BSW

Kayla Lathrop is part of the Regional Prevention Coordination Team at Region V Systems in Lincoln, Nebraska. Prevention efforts include prevention of underage drinking, substance abuse, and suicide, as well as mental health promotion. With a background in Social Work, Kayla also has experience working with youth and adults with mental health and substance use disorders. Kayla is a QPR trainer and WRAP facilitator. She has a passion for helping others and promoting awareness around mental health related topics with the hope of decreasing stigma.



Register by Monday afternoon, March 20, 2023

Name & Email of those attending: _____

Company _____ **Contact Person** _____

Phone _____ **Email** _____

Please return to the Nebraska Building Chapter AGC via fax or email.

Fax: 402-438-0066 Email: vicki@agcnebuilders.com

Questions? Call 402-438-0400