

NNMC Suicide Prevention Training

Question
Persuade
Refer



Please be our guest at this FREE training, with Santa Fe Mountain Center's QPR trainer, Jenn Jeverton, M.S. No registration is required.

Did you know that over 4,000 young people die by suicide every year, at a rate of 1 suicide every 2 hours? New Mexico has the 3rd highest rate of suicides in the US, and our rate is nearly twice the average rate. Lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) youth are even more at risk--a Massachusetts survey found that LGBTQ youth are up to four times more likely to attempt suicide, and Native American LGBTQ youth are at highest risk.

Suicide affects all of us profoundly in one way or another, both as individuals and as a community. Please come join us for this **free training** to help you learn what you can do to prevent suicide in our community.

Where & When

Date: September 11, 2012

Where: Classroom AD 101-102

Time: 9:30 am - 11:00 am

Staff / Faculty

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1:00 pm - 2:30

**General Student Body
and ASNMC**

QPR teaches three steps that anyone can learn to help prevent suicide. Just like CPR, this is an emergency response to someone in an emotional crisis, and it saves lives.

As a QPR-trained gatekeeper, you will learn to:

Recognize the warning signs of someone contemplating suicide and know how to offer hope and how to get help to save a life.

Gatekeepers include parents, friends, neighbors, teachers, ministers, nurses, office workers, foremen, doctors, security and police officers, advisors, administrators, case managers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Read more on the theory of QPR at:

<http://www.qprinstitute.com/pdfs/QPR%20Theory%20Paper.pdf>

Santa Fe Mountain Center info: santafemc.org

NNMC Counseling Services: <http://site.nnmc.edu/student-health>

The NNMC sponsors are the ¡EXITO! Counseling Office in conjunction with Student Life / Student Activities, the RN to BSN Nursing Program, Accessibility Resource Center, American Indian Center, Office of Diversity & Equity, Safety and Security Department, and our Student Ambassadors.

For more information please call Ana Gutiérrez Sisneros, APRN, at 747-2256, or

Luz Chacón, RN, at 927-0910