



East Lycoming School District

Suicide Awareness and Prevention Training

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On Monday, January 15, 2024, all district staff will complete the online Gatekeeper Training program from the QPR Institute. QPR (Question, Persuade, Refer) provides three simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. This training will take about an hour to complete.

How was this training funded?

Funding for this training is provided by the PCCD Mental Health grant. Using these funds the district purchased training licenses for all district staff, for high school age students, and enough license to offer this training to the community as well. Training for students and the community will be done before the end of the school year.

Death by Suicide – A Community Challenge

The American Society for Suicide Prevention identifies suicide as the 11th leading cause of death in the United States and although there were noticeable declines in suicides under the age of 24, all older age groups experienced increases in suicide fatalities between 2021 and 2022. Death by suicide is a community challenge that effects all age groups, all genders, and all ethnicities. As a school and as a community, we can make a difference to prevent suicides.

What is a Gatekeeper?

The Surgeon General's National Strategy for Suicide Prevention identifies a gatekeeper as someone in a position to recognize the warning signs that someone may be contemplating suicide and refer them for help.

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, faith leaders, office workers, police officers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

How do I access the QPR Training?

1. Navigate to the website: qprtraining.com/setup
2. Enter the organization code: **ELSD**
3. Select: **Create an Account**
4. Complete and submit the registration form and pre-assessment
5. QPR will display (and will also email you) the newly created USERNAME and PASSWORD.
6. Login and begin the training at qprtraining.com

Thank you.