

QPR

QUESTION
PERSUADE
REFER

for Suicide Prevention



QPR for Suicide Prevention offers hope through positive action. As a trained QPR Gatekeeper, you will learn to recognize the warning signs of people in trouble, and will have the tools to act vigorously to possibly prevent a suicide.



This course is eligible for the UAB Enterprise Mental Health Advocate Program.

SUICIDE PREVENTION MONTH 2025:

- Thursday, September 4, 8:30-10 a.m.
- Tuesday, September 9, 3:30-5 p.m.
- Tuesday, September 16, 3:30-5 p.m.
- Thursday, September 25, 8:30-10 a.m.

WHO:

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

REGISTRATION:

Visit go.uab.edu/EACC-Calendar and select a date to register via Zoom. Registration is available 30 days prior to the session. To request disability accommodations, email HRAWARE@uab.edu.

For more suicide prevention resources, visit uab.edu/uabcares.



UAB The University of
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Employee Assistance & Counseling Center

A MHR Point-Earning Opportunity
MY HEALTH REWARDS
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