

# STRIVING FOR ZERO EXCELLENCE AWARDS

Striving  
for  
Zero

## STRIVING FOR ZERO

### Training our Community to Prevent Suicide Napa County

The Napa County Suicide Prevention Council, in partnership with Mentis, offers evidence based QPR Gatekeeper Trainings to the Napa County Community that teach participants how to recognize the warning signs of a suicide or mental health crisis and how to Question, Persuade and Refer someone to help.

Every year, we train nearly 1000 community members to be QPR Gatekeepers. We target community members of all ages - including educators, youth and young adults, first responders, community-based organizations and sectors that don't typically fall within the social services umbrella, but that we have identified as those who interact with vulnerable populations.

Our data shows that 95% of people who attend one of our QPR Gatekeeper trainings feel that they are better equipped to help someone at risk for suicide.



**QPR - WE CAN ALL SAVE LIVES**

**Question  
Persuade  
Refer**

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and concise suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone, they're people who are strategically positioned to recognize and refer someone at risk of suicide.

As a QPR Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

**mentis**  
Napa's Center for Mental Health Services

Please sign up to learn more about our trainings.

**NAPA COUNTY SUICIDE PREVENTION COUNCIL** **mentis**  
Napa's Center for Mental Health Services

IN PARTNERSHIP WITH  
COLE'S CHOPHOUSE, SOUTHSIDE AND NAPA PALISADES SALOON,  
MENTIS INVITES YOU TO:

**QPR Gatekeeper Suicide Prevention Training**  
*for Restaurant and Hospitality Professionals*

As restaurant and hospitality professionals, you spend all day talking to people. Whether it's a guest you're serving or coworker, you may find yourself in conversation to someone who is struggling with their mental health or experiencing thoughts of suicide.

**This training will help you recognize the warning signs of someone in crisis, and teach you the tools to offer hope and help to the person in need.**

**Join us on Monday, January 22nd**

Session 1: 10:00am-11:30am  
Session 2: 4:00pm-5:30pm

**NAPA COUNTY SUICIDE PREVENTION COUNCIL** Scan to sign up for a session

