

**GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED**



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QPR TRAINING RECENTLY OFFERED

Brookings Area United Way recently hosted a 1-hour, Question, Persuade, & Refer training that teaches people three simple steps anyone can learn to save a life. We had 20 participants from local businesses, nonprofits, city officials, and churches.

“Through one QPR training, we now have 20 more individuals in the community better equipped to approach mental health and suicide. As we begin recognizing the struggles in our community, trainings like QPR can have a big impact,” said Heidi Gullickson, Executive Director of Brookings Area United Way.

QPR is intended for people and organizations that make up the fabric of a community. Professionals who regularly interact with people such as police officers, nurses, human resource directors, primary care workers, school/college leadership, faith communities, and friends and family of individuals with mental illness or addiction, and community members are encouraged to attend.

If you are interested in hosting a training for your business or organization, please visit <https://brookingsunitedway.org/mental-health-training/>. If you have questions, please contact Heidi Gullickson, Brookings Area United Way, at heidi@brookingsunitedway.org or 692-4979.

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