

# 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.*

### 2026 DATES:

- January 29, 8:30-10 a.m.
- March 10, 3:30-5 p.m.
- May 12, 8:30-10 a.m.
- July 23, 8:30-10 a.m.
- November 10, 8:30-10 a.m.

### SUICIDE PREVENTION MONTH SESSIONS

- September 1, 3:30-5 p.m.
- September 8, 8:30-10 a.m.
- September 17, 8:30-10 a.m.
- September 22, 3:30-5 p.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](https://go.uab.edu/EACC-Calendar) and select a date to register via Zoom. Registration opens 30 days prior to session. To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).