



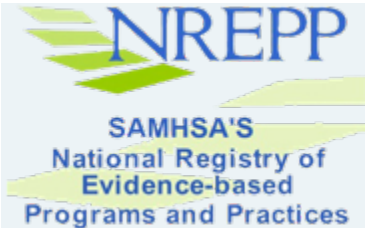
QPR at Carver

QPR is a suicide prevention gatekeeper program that teaches how to recognize the warning signs of suicide and how to respond to a person in crisis.

QPR Training is offered free to Medical and Physician Assistant Students at the Carver College of Medicine. QPR is part of the *CCOM Suicide Prevention and Wellness Promotion Strategic Plan* and is one way you can help reduce the stigma around seeking help.

Sessions are offered throughout the year and sessions can be arranged for groups or organizations on request.

For more information, contact Christina Sowers, MSCC Senior Staff Counselor at christina-sowers@uiowa.edu or call 335-8056.



QPR Gatekeeper Training for Suicide Prevention is listed in the **National Registry of Evidence-based Practices and Policies**.

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