

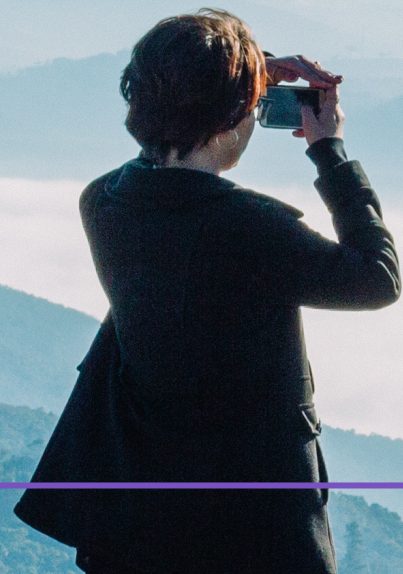


## WHY YOU SHOULD BECOME A GATEKEEPER OF HOPE?

A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. According to the Surgeon General's National Strategy for Suicide Prevention (2001),

Gatekeepers can be anyone, but include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Because suicides happen in families - where emergency interventions are more likely to take place - we believe that at least one person per family unit should be trained in QPR.



## CONTACT US :

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# HOPE IS HERE!

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## SUICIDE PREVENTION

*Awareness starts with us*



Hope Gatekeepers is a 501(c)(3) nonprofit organization serving to educate the community about suicide prevention.





## ASK AND PREVENT™

We're going to discuss a topic most people don't want to talk about.

### SUICIDE PREVENTION.

Just like our heroes who take a CPR class to learn how to save a life during an accident or incident . . . ASK and PREVENT™ training will educate you to save a life from suicide.



## DID YOU KNOW?

- Suicide was the tenth leading cause of death overall in the United States. (NIH)
- Suicide takes the lives of over 48,300 Americans every year. (CDC)
- Suicide affects all ages. It is the second leading cause of death for people ages 10-34, the fourth leading cause among people ages 35-44, and the fifth leading cause among people ages 45-54.(CDC)

**STOP SUICIDE.  
GIVE HOPE.**



## ABOUT US

We are a 501(c)(3) nonprofit organization that is diligently engaged in serving the community with suicide prevention training, workshops, events, and support. Our team consists of Certified Suicide Prevention Instructors, Child Development Experts, Mental Health Advocates, and local business owners dedicated to helping families thrive.

Hope Gatekeepers was founded & created by Misty E. Rivera in 2020.

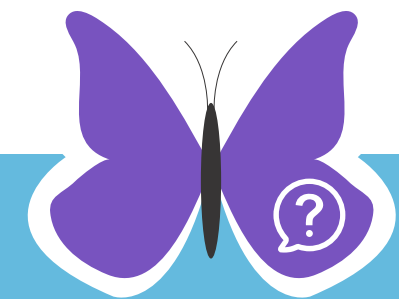
After losing her husband to suicide, Misty wanted to spread awareness about mental health—and stop suicide from happening to other families. Today, Misty is a Certified QPR Suicide Prevention Instructor, and actively working on creating and implementing new programs to reach more people in our communities.



## WHAT YOU'LL LEARN IN OUR TRAINING

Hope Gatekeepers is dedicated to training people to ASK and PREVENT™ by preparing for a situation concerning a suicidal person. In order to empower people during times of crisis, we offer world-class suicide prevention training. Taught by experienced professionals, Hope Gatekeepers classes are developed under the guidance of, and reviewed by, the QPR Institute. Course materials are reviewed on a regular basis to ensure that the latest techniques and information are included in every course we teach.

- Recognize the warning signs of suicide
- Know how to offer hope
- Know the Trio of a suicidal person
- Know the Do's and Do Not's of helping a suicidal person
- How to contribute support to our community
- How to offer resources to your loved ones
- Be ready for an emergency situation



ASK and PREVENT™ is a suicide prevention campaign that encourages people to ask questions to individuals with suicidal ideation.