

Would you give 90 minutes to save a life? NKHS offers QPR introduction to suicide prevention training for adults and caretakers to raise awareness, dispel myths and misconceptions, and teach three skills that can help save a life. A QPR trainee will learn to recognize the warning signs of suicide, how to offer hope, and how to get help.

QPR is an emergency response to someone in a suicide crisis just as CPR is an emergency response to a physical health crisis.

We invite you to register for QPR Suicide Prevention Awareness Training via Zoom. This training is interactive. There is no cost for the training and resource materials for participants thanks to support from Vermont Department of Health.

The same training is offered in October and November. Please register for one upcoming QPR training by clicking the link or scanning the QR code below:

QPR Suicide Prevention Awareness Training **10/27/2026 1:30- 3pm**

<https://nkhs.app.neoncrm.com/nx/portal/neonevents/events?path=%2Fportal%2Fevents%2F59790>



QPR Suicide Prevention Awareness Training **11/18/26 noon-1:30pm**

<https://nkhs.app.neoncrm.com/nx/portal/neonevents/events?path=%2Fportal%2Fevents%2F59791>



Please feel free to share widely and reach out if you have any questions.

Thank you,

Certified QPR Master Trainers:

Terri Lavelly, Ruth Marquette

To schedule QPR trainings, contact TLavelly@nkhs.net or RMarquette@nkhs.net

NKHS accepts donations for suicide prevention trainings so we are able to provide as many community trainings at no cost to participants as possible. Please check our website if you would like to make a donation.

<https://nkhs.org/donate>

Thank you.

NKHS Mission: To Empower individuals, families, and communities by promoting hope, healing, and support.

Ruth Marquette

Grant Professional

Certified QPR Master Trainer for suicide prevention awareness

Northeast Kingdom Human Services, Inc. (NKHS)

P. O. Box 724, Newport, VT 05855

NKHS Derby: 802-334-6744, St. Johnsbury: 802-748-3181

Front Porch Mental Health Urgent Care, 235 Lakemont Rd, Newport, VT 802-624-4016

988 Suicide and Crisis Lifeline: Talk, chat, or text <https://988lifeline.org>

Vermont Mobile Crisis 1-800-649-0118

Crisis Text Line: Text VT to 741741

Facing Suicide VT <https://facingsuicidevt.com>

Pathways Support Line – 18+ Adult: 1-833-VT-TALKS (833-888-2557)

The Trevor Project LGBTQ Crisis Hotline: 1-866-488-7386

Veterans Crisis Line: 1-800-273-8255 Press 1 or text 838255

Man Therapy <https://mantherapy.org>

Other resources at <https://vermont211.org/>, <https://vtspc.org>, and <https://nkhs.org/community-training>

If you need to speak with me, respond to this email to set up a phone or Zoom meeting. Thank you.

Stay safe and be well.

