



Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



Bonnie Bear

Question, Persuade, Refer: Gatekeeper Training for Suicide Prevention

QPR is designed to give members of the general public the basic skills necessary to recognize a crisis and the warning signs that someone may be contemplating suicide. QPR is like CPR; it's an emergency mental health intervention for suicidal persons.

As a QPR-trained Gatekeeper, you will learn to:

- recognize warning signs of suicide
- know how to offer hope
- know how to get help and save a life

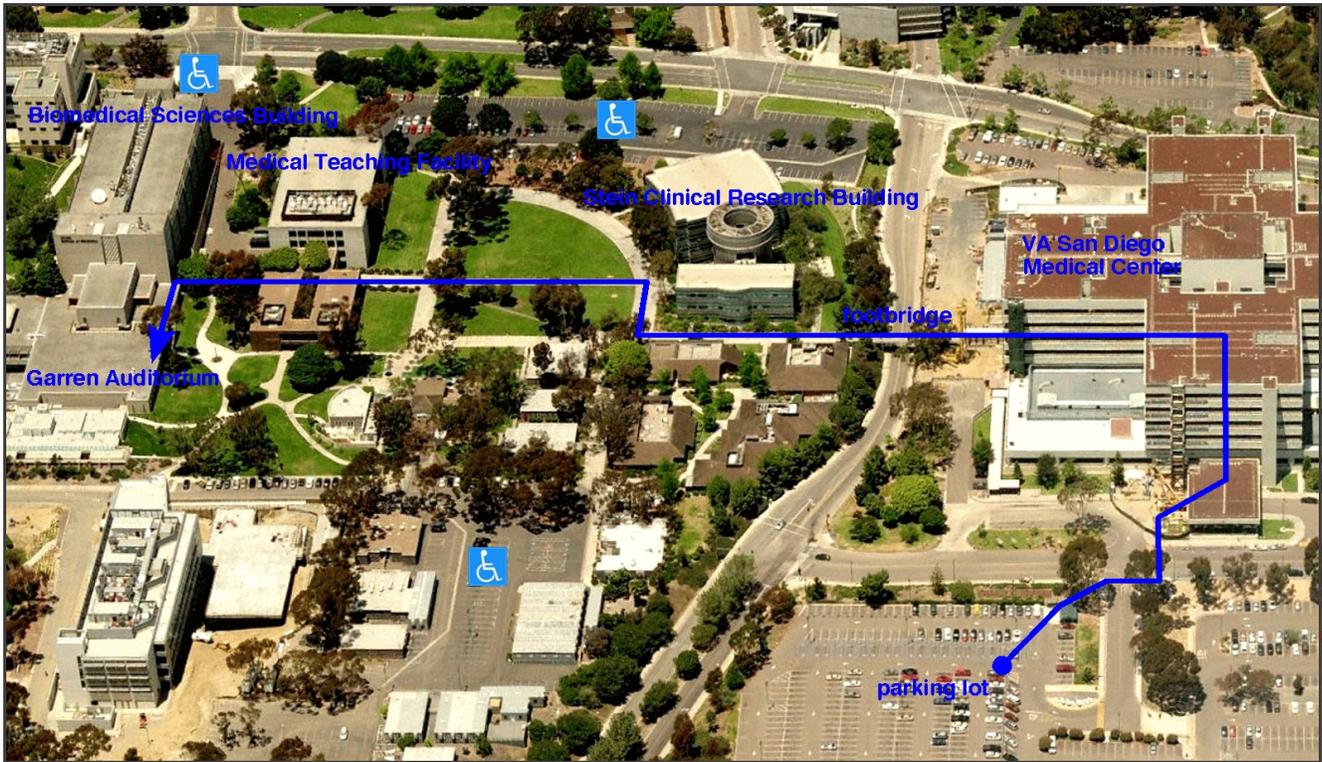
Audience: Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters, and others.

when **Monday, 04 June 2012**
6:00pm – 7:30pm

where **Garren Auditorium**
Biomedical Sciences Building
Medical School Campus
University of California, San Diego
La Jolla, California

Bonnie Bear is Executive Director of Survivors of Suicide Loss <http://www.sossd.org/>. She is a survivor herself, having lost her husband Gordon to suicide in August 2002, and a certified instructor of QPR (Question, Persuade, Refer) suicide prevention.

There is *free parking* in the VA San Diego Medical Center parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side for detailed directions.* For information on parking with "Disabled Person" placards or license plates, visit the UCSD page <http://blink.ucsd.edu/facilities/transportation/permits/disabled.html> or see the map overleaf.



Walking Directions to Garren Auditorium

Follow the **DBSA San Diego** signs with the **blue** arrows along the way.

1. From the parking lot, walk into the front (south) entrance of the VA San Diego Medical Center. Continue straight until you reach the center of the hospital, where you'll see the banks of elevators as well as a large compass on the floor.
2. Turn **left** (west) at the compass and keep going, out the glass doors and over the footbridge that spans Villa La Jolla Drive.
3. Continue walking past the Stein Clinical Research Building (on your **right**).
4. Follow the sidewalk **right** and then make the next **left** turn, continuing toward the Medical Teaching Facility building.
5. Walk under the walkway that connects the north and south parts of the Medical Teaching Facility.
6. Continue walking until you reach the Biomedical Sciences Building.
7. Enter the large glass sliding doors and immediately turn **left** down the corridor, where there is a sign saying Garren Auditorium is in Room 1105.
8. Walk down the corridor. Garren Auditorium will be on your **right**, Room 1105. You can enter at the bottom, where the lecturer is, or continue a bit farther until you see a staircase on your **right**, which would take you to the top (back) of the auditorium.

Please note: The sliding glass doors to the Biomedical Sciences Building lock from the outside at 7:00pm, so please be sure to arrive before then.