



Suicide Prevention Training

Tuesday, May 31 - 6:30 pm

St. Edith Parish Hall

No registration required, just come and join us.

As a QPR Trained Gatekeeper you'll learn 3 simple steps that anyone can learn to help save a life from suicide:

1. How to recognize the warning signs of suicide.
2. How to offer hope.
3. How to immediately get help & save a life.

Presented by:



Greg Seedott, QPR Suicide Prevention Trainer:

Greg Seedott is a project director for Hegira Health and has been serving the behavioral health needs of this area for the last 10 years. Greg has his degree in Clinical Health Psychology from the University of Michigan and participates in Hegira Health's Zero Suicide workforce. This workforce is dedicated to enhancing efforts of the organization and the community to end suicide. Greg has trained hundreds of individuals in Question, Persuade, and Refer (QPR) as part of the effort of informing the community about the stigma still surrounding suicide, the ambivalence faced by individuals in crisis, and the warning signs and risk factors that individuals may show in an effort to communicate their distress.

For more information about the session, please contact
Deb Strautz at

DSTRAUTZ@STEDITH.ORG



15089 Newburgh Road
Livonia, Michigan 48154
(734) 464-1222