**About HappYouth**

Centred around the pressing issue of depression amongst youths, HappYouth aims to provide youths with the knowledge of understanding stress and depression, provide skills to mentor other youths that may suffer or display early symptoms of depression, and curb youth depression and suicide rates globally by raising awareness amongst youths and their parents.

**About this programme**

This programme aims to equip participants with essential skills to manage emotions and stress, and be self-aware. Bundled with a QPR Gatekeeper Certification programme, this workshop aim to reduce suicidal behaviours and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. The course is taught in a clear, concise format using the latest in educational technology and practices.

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Manoeuvre help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of people, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbour.

Much of the world is familiar with CPR — short for cardiopulmonary resuscitation — an emergency medical intervention created in 1957 by Peter Safar. The process is designed to stabilize people who aren’t breathing or breathing intermittently and who may be in cardiac arrest until the person can reach a hospital or other care.

Similarly, QPR is an emergency mental health intervention for suicidal persons created in 1995 by Paul Quinnett. An abbreviation for Question, Persuade and Refer, the intent is also to identify and interrupt the crisis and direct that person to the proper care.

Both CPR and QPR are part of systems designed to increase the chance of survival in the event of a crisis.

**Who should participate:**

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

Gatekeepers can be anyone, but include parents, friends, neighbours, 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.

**At the end of the course:**

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

1. Recognize the warning signs of suicide
2. Know how to offer hope
3. Know how to get help and save a life

**Competency Elements:**

*Part 1 - Self Awareness / Self-Care*

* CE1.1 – Paradigms & Mindset Shift
* CE1.2 - Identifying Automatic Negative Thoughts (ANTS)
* CE1.3 - Being Aware of Actions, Behaviors, Conversations & Decisions
* CE1.4 - Application of Coping Mechanisms, which includes Remove & Replace principle, PTCA (Pause Think Choose Act) and COPES (Calm Down, Observe Emotions, Positive Thinking, Explore Options & Seek Help).

*Part 2: Social Awareness / Understanding*

* CE2.1 - Understanding Trends & Data on Mental Health in Singapore & Worldwide

*Part 3: Helping Others*

* CE3.1 - How to Question, Persuade and Refer someone who may be suicidal
* CE3.2 - How to get help for yourself or learn more about preventing suicide
* CE3.3 - The common causes of suicidal behavior
* CE3.4 - The warning signs of suicide
* CE3.5 - How to get help for someone in crisis

**Certification:**

Upon completion, learners will be issued a 2-year certification as a certified QPR Gatekeeper awarded by QPR Institute and a certificate of completion as a HappYouth Ambassador by Character & Leadership Academy.