

QUESTION, PERSUADE, REFER



A unique player welfare initiative in Sligo next month will aim to help the GAA community identify the key warning signs associated with suicide.

Sligo GAA, together with Console, the National Suicide Prevention and Bereavement Charity, and Devenish Nutrition, are holding two **Question, Persuade, Refer (QPR)** training days for all GAA clubs in County Sligo.

QPR training highlights three simple steps that anyone can quickly learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognise the warning signs of a suicide crisis and how to question, persuade and refer someone to help. As a QPR-trained Gatekeeper you will learn to:

- Recognise the warning signs of suicide
- Know how to offer hope
- Know how to offer help and save a life

QPR training allows participants a comfortable and supportive space to learn more about suicide in Ireland and many of the connected issues. The day involves some practical role-play learning, videos and discussions which help participants to gain greater confidence in how best to support someone who may be vulnerable, or at risk of suicide.

“Player Welfare is one of the GAA’s top priorities across Ireland,” explained Sligo GAA Chairman Joe Taaffe. “The importance of an event like this can’t be overemphasised. We’re delighted to help facilitate this initiative alongside Console and Devenish Nutrition.”

Console, who are delivering the course, offer free counselling services and 24-hour helpline support (1800 247 247) to people in crisis and those bereaved by suicide.

“Sometimes, as a helper, colleague, friend or family member, we might feel helpless, ill-equipped, afraid, or completely at a loss as to where to go next,” explained Ciarán Austin, Console’s Director of Services. “In truth, this doesn’t have to be the case. We can all make a huge difference by understanding some common scenarios and taking some simple steps thereafter.”

QPR training in Sligo is receiving financial support from the Agri-technology company, Devenish Nutrition as part of its sponsorship of the sligo county minor team. It has a strong interest in mental health as well as nutritional health. "Mental well-being is central to all walks of life," said Marketing Director Richard Kennedy. "We see tremendous community value in an initiative like this."

The QPR training days will be held on **Saturday, April 26th** and **Saturday, May 10th**. For more information, contact Liam Óg Gormley on 086 8254420 or email liamog.gormley.gm.sligo@gaa.ie

ENDS-----

Notes to Editors

Devenish Nutrition

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Devenish Nutrition is dedicated to the research, development, and manufacture of quality premixes, pre-starters, starters and concentrates, together with speciality products for the intensive livestock sector. Our strengths lie in the pig, poultry, ruminant, companion animal and equine sectors. We continually invest in cutting edge research programmes that are focussed on the nutrition and environmental issues which are central to industry progression.

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