

Suicide prevention training in Madelia

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September 7 through 13 is National Suicide Prevention Week.

Tragically, every 12.8 minutes in the U.S., one person will die by suicide. Most times, these suicidal individuals will show warning signs. Oftentimes though, these signs are not recognized or discussed.

On Thursday, Sept. 10, is World Suicide Prevention Day. The Madelia Community Based Collaborative will be offering a free QPR (Question, Persuade, Refer) Suicide Prevention Gatekeeper Training for community members, over the age of 16, interested in learning more about the warning signs of suicide and how to question, persuade and refer someone who may be at risk of suicide. Receiving

this training will help prepare people to be more knowledgeable about what to say, how to say it and what to do, if they are ever concerned about someone who may be suicidal. For more information about this event please call 507-389-5382.

Also, on Sept. 10 at 8 p.m., community members are asked to light a candle near a window to show their support for suicide prevention, to remember a lost loved one and to let the survivors of suicide know they are supported. Consider checking in on someone who you may be concerned about and extend kindness and support to them.

If you or someone you know has been experiencing suicidal thoughts please seek help. For immediate emergency call 911. Call the Suicide Prevention Lifeline at 1-800-273-TALK to get connected to life-saving resources within your community.