

Thank you for your interest in volunteering with NAMI Lexington. Volunteers have been vital to the success of our mission since 1985. As a volunteer, you are part of a team committed to eradicating stigma associated with mental illness in the Bluegrass Region.

Prior to starting Volunteer work with our organization, you are required to attend NAMI Volunteer Orientation and QPR Gatekeeper Training, which includes history about our organization, programs, volunteer expectations and the community that we serve.

FAQ's

What Can I expect to gain from attending NAMI Lexington Volunteer Orientation?

Attending NAMI Lexington Volunteer Orientation allows you to become familiar with all our history, programs, and services that we provide to the community and acquaint you with our Volunteer policies guidelines and expectations of all Volunteers.

What is QPR?

QPR is an internationally recognized suicide prevention program that stands for Question, Persuade, Refer. QPR Gatekeeper Training provides the knowledge needed to reach out to a friend, peer, student, family member, or colleague who may be experiencing suicidality and connect them to resources that will help. QPR Gatekeepers are those in a position to recognize the warning signs that someone may be contemplating suicide. Once trained, Gatekeepers will have the knowledge needed to assist someone in crisis.

What you can expect to learn as a QPR Gatekeeper?

The goals of QPR Gatekeeper Training are to enhance general awareness about suicide, teach the warning signs of suicide thinking and behavior, and teach basic intervention skills that can help avert suicide.

In QPR Gatekeeper training, participants learn about:

- The nature of suicide communication.
- What forms suicide communications take and how they may be used to identify someone who may be at risk for suicide.
- How to reach out to someone who is exhibiting signs of risk
- How to facilitate referral to mental health resources