

QPR Suicide Prevention: Question, Persuade, Refer

ASK A QUESTION, SAVE A LIFE

QPR is an approach to confronting someone about their possible thoughts of suicide. It is not intended to be a form of counseling or treatment, instead a means to offer hope through positive action. There are three simple steps to follow:

QUESTION

Question the person about suicide. Ask if they've had any thoughts about it, feelings, or even plans? Do not be afraid to ask!

PERSUADE

Persuade the person to get help. Remember to listen carefully and then say, "Let me help" or "Come with me to find help!"

REFER

Refer for help. If it is a child or adolescent, contact any adult, parents, minister, teacher, coach, or a counselor (1-800-866-HOPE)

TO SAVE A LIFE...

- Realize that someone might be suicidal
- Reach out. Asking the suicide question DOES NOT increase the risk
- Listen. Talking things out can save a life
- Don't try to do everything yourself
- Don't promise secrecy and don't worry about being disloyal.
- If persuasion fails, call your mental health center, local hotline, or emergency services. Also, 1-800-SUICIDE

WARNING SIGNS OF SUICIDE

- Suicide threats
- Previous suicide attempt
- Alcohol and drug abuse
- Statements revealing a desire to die
- Sudden changes in behavior
- Prolonged depression
- Making final arrangements
- Giving away prized possessions
- Purchasing a gun or stockpiling pills

**** The more clues and signs observed, the greater the risk ****

REMEMBER

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement or relief, don't hesitate to get involved or to take the lead.