

QPR SUICIDE PREVENTION

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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 steps to follow.



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



Persuade

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

Refer

the person for help. If it is a child or adolescent, contact any adult, parents, minister, teacher, coach or 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 and/or previous suicide attempt
- Alcohol and drug abuse
- Statements revealing a desire to die
- Sudden changes in behavior
- Prolonged depression
- Making final arrangements and/or giving away prized possessions
- Purchasing a gun or stockpiling pills

**The more signs observed, the greater the risk

REMEMBER 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.



St. Joseph's Indian School
We serve and teach, we receive and learn.