



QPR

Question, Persuade, Refer

Ask A Question, Save A Life

QPR Objective

- Raise Awareness about Suicide
- Myths and Facts
- Warning Signs of Suicide
- Three Steps to Avert Suicide
- Suicide is the Most Preventable form of Death
- Gatekeeper

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- QPR is not intended to be a form of counseling or treatment.
- QPR is intended to offer hope through positive action.

Some Suicide Facts

Approximately one million people die from suicide each year.

In the last 45 years, suicide rates have increased by 60% worldwide.

Each year 42,773 Americans die by Suicide.

It is predicted that by 2020 the rate of death will increase to one every 20 seconds.

About 117 suicides daily.

That's a rate of 16 people per 100,000 or one death every 40 seconds.

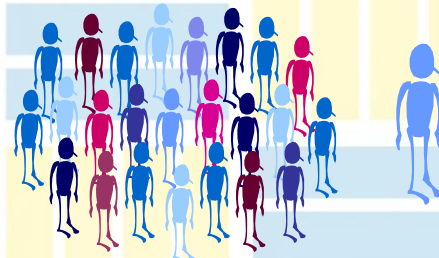
Firearms account for almost 50% of all suicides.

5079 young people
(age 15-24)
die by suicide each year (2014)



at a rate of one suicide every two hours

Estimates on attempted suicide



25 attempts for each documented death

(Note: 40,000 suicides translates into 1,000,000 attempts annually)

More than 42,000 deaths annually

2012 40,600

2011 39,518

2010 38,364

2009 36,909

2008 36,065

2007 34,598

2006 33,300

attributed to suicide

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Suicide Myths and Facts

- **Myth:** No one can stop a suicide, it is inevitable.
- **Fact:** If people in a crisis get the help they need, they will probably never be suicidal again.

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Suicide Myths and Facts

- **Myth:** Confronting a person about suicide will only make them angry and increase the risk of suicide.
- **Fact:** Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.

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Suicide Myths and Facts

- **Myth:** Only experts can prevent suicide.
- **Fact:** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide

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Suicide Myths and Facts

- **Myth:** Suicidal people keep their plans to themselves.
- **Fact:** Most suicidal people communicate their intent sometime during the week preceding their attempt.

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Suicide Myths and Facts

- **Myth:** Those who talk about suicide don't do it.
- **Fact:** People who talk about suicide may try, or even complete, an act of self-destruction.

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Suicide Myths and Facts

- **Myth:** Once a person decides to complete suicide, there is nothing anyone can do to stop them.
- **Fact:** Suicide is the most preventable kind of death, and almost any positive action may save a life.

How can I help? Ask the Question...

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Suicide Clues And Warning Signs

The more clues and signs observed, the greater the risk. Take all signs seriously!

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Suicide Clues And Warning Signs

Direct Verbal Clues:

- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."
- "If (such and such) doesn't happen, I'll kill myself."

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Suicide Clues And Warning Signs

Indirect Verbal Clues:

- "I'm tired of life, I just can't go on."
- "My family would be better off without me."
- "Who cares if I'm dead anyway?"
- "I just want out."
- "I won't be around much longer."
- "Pretty soon you won't have to worry about me."

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Suicide Clues And Warning Signs

Behavioral Clues:

- Any previous suicide attempt
- Acquiring a gun or stockpiling pills
- Co-occurring depression, moodiness, hopelessness
- Putting personal affairs in order
- Giving away prized possessions
- Sudden interest or disinterest in religion
- Drug or alcohol abuse, or relapse after a period of recovery
- Unexplained anger, aggression and irritability

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Suicide Clues And Warning Signs

Situational Clues:

- Being fired or being expelled from school
- A recent unwanted move
- Loss of any major relationship
- Death of a spouse, child, or best friend, especially if by suicide
- Diagnosis of a serious or terminal illness
- Sudden unexpected loss of freedom/fear of punishment
- Anticipated loss of financial security
- Loss of a cherished therapist, counselor or teacher
- Fear of becoming a burden to others

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Tips for Asking the Suicide Question

- If in doubt, don't wait, ask the question
- If the person is reluctant, be persistent
- Talk to the person alone in a private setting
- Allow the person to talk freely
- Give yourself plenty of time
- Have your resources handy; QPR Card, phone numbers, counselor's name and any other information that might help

Remember: How you ask the question is less important than that you ask it

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QUESTION

Less Direct Approach:

- Have you been unhappy lately?
Have you been very unhappy lately?
Have you been so very unhappy lately that you've been thinking about ending your life?"
- Do you ever wish you could go to sleep and never wake up?

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QUESTION

Direct Approach:

- "You know, when people are as upset as you seem to be, they sometimes wish they were dead. I'm wondering if you're feeling that way, too?"
- "You look pretty miserable, I wonder if you're thinking about suicide?"
- "Are you thinking about killing yourself?"

NOTE: If you cannot ask the question, find someone who can.

How *Not* to Ask the Suicide Question

"You're not suicidal, are you?"

"You're just kidding about suicide, right?"

"You're not going to do anything stupid, are you?"

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PERSUADE

How to Persuade Someone to Stay Alive

- Listen to the problem and give them your full attention
- Remember, suicide is not the problem, only the solution to a perceived insoluble problem
- Do not rush to judgment
- Offer hope in any form

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PERSUADE

Then Ask:

- "Will you go with me to get help?"
- "Will you let me help you get help?"
- "Will you promise me not to kill yourself until we've found some help?"

Your willingness to listen and to help can rekindle hope, and make all the difference.

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REFER

Suicidal people often believe they cannot be helped, so you may have to do more.

- A good referral is to give referral information and try to get a good faith commitment not to complete or attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.
- A better referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- The best referral involves taking the person directly to someone who can help.

REMEMBER

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

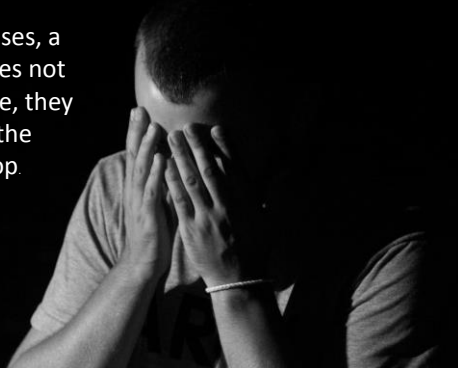
For Effective QPR

- Say: "I want you to live," or "I'm on your side...we'll get through this."
- Get Others Involved. Ask the person who else might help. Family? Friends? Brothers? Sisters? Pastors? Priest? Rabbi? Bishop? Physician?

For Effective QPR

- Join a Team. Offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment.
- Follow up with a visit, a phone call or a card, and in whatever way feels comfortable to you, let the person know you care about what happens to them. Caring may save a life.

In most cases, a person does not want to die, they just want the pain to stop.



REMEMBER

When You Apply QPR, You Plant
The Seeds Of Hope.
Hope Helps Prevent Suicide.

Thank You!

