



QPR

Ask A Question, Save A Life

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Question, Persuade, Refer

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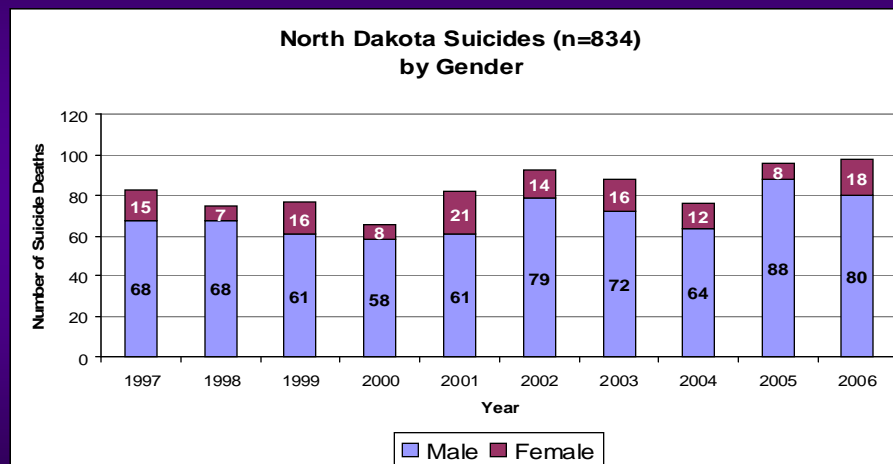
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- ◆ QPR is not intended to be a form of counseling or treatment.
- ◆ QPR is intended to offer hope through positive action.

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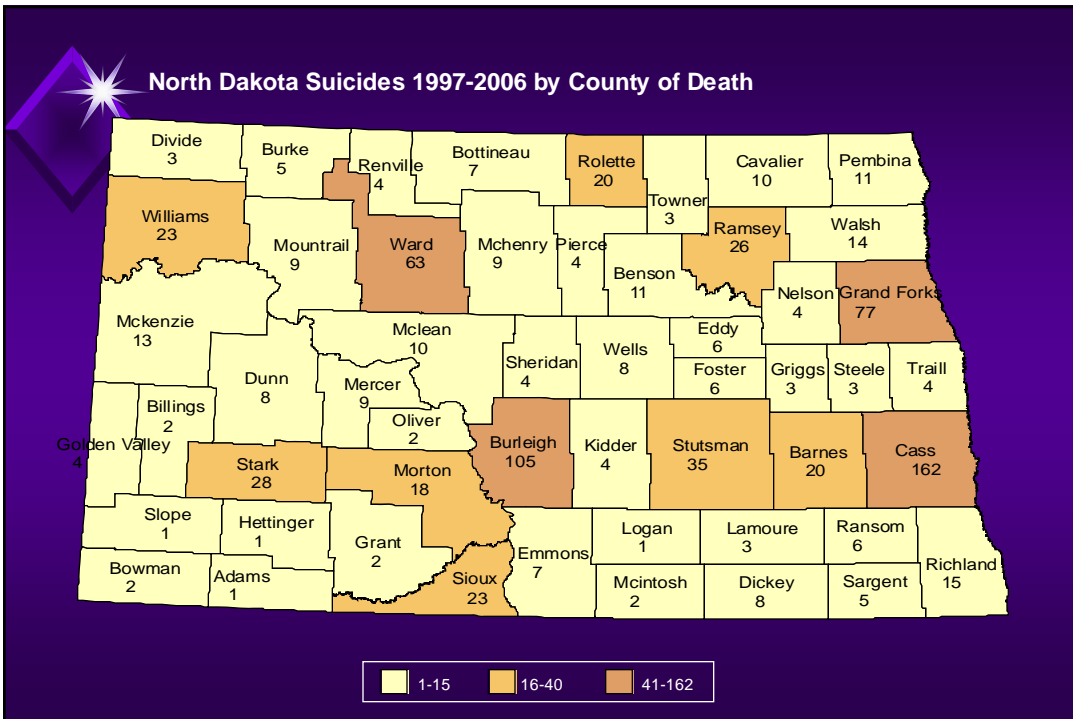
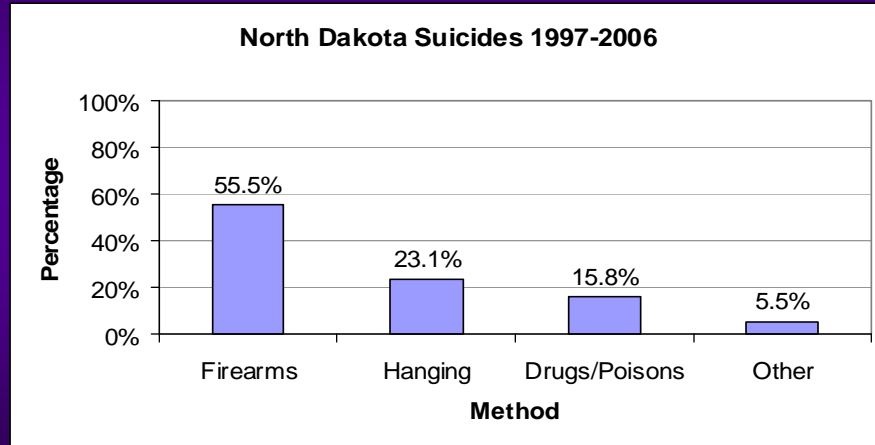


Suicide Deaths in ND: 1997-2006





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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.
- ◆ **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.
- ◆ **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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Myths And Facts About Suicide

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

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How Not to Ask the Question

“You’re not suicidal, 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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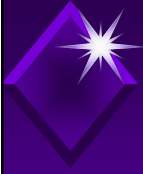


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REFER

- ◆ Suicidal people often believe they cannot be helped, so you may have to do more.
- ◆ The best referral involves taking the person directly to someone who can help.
- ◆ The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- ◆ The third best 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.

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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.

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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?

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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.

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REMEMBER

WHEN YOU APPLY QPR,
YOU PLANT THE SEEDS OF
HOPE. HOPE HELPS
PREVENT SUICIDE.

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