



QPR - Ask a question; help save a life.

Question the person to see if he or she is really thinking about suicide.

After discussing the questioning technique with the class, write two questions you could ask someone to see if he or she is really thinking about suicide.

1. _____
2. _____

Persuade the person to get help.

After discussing the persuading technique with the class, write two examples of things you could say to persuade someone thinking about suicide to get help.

1. _____
2. _____

Refer for help.

After discussing the referring technique with the class, write three specific professionals, agencies, organizations, or trusted adults you could make a referral to. Include the telephone numbers for these referral sources.

1. _____
2. _____
3. _____