

QPR for Suicide Prevention



Ask a question, save a life.

Q Question the person about suicide.

Does he or she have thoughts, feelings or plans? Don't be afraid to ask to see if the person is really thinking about suicide.

P Persuade the person to get help.

Listen carefully. Then say, "Let me help," or "Come with me to find help."

R Refer for help.

If the person is a child or adolescent, contact any parent or other adult. Call your minister, rabbi, tribal elder, teacher, coach or counselor. Call a community resource number listed on this card.

To Save A Life:

Realize someone might be suicidal.

Reach out. Asking a suicide question does not increase risk.

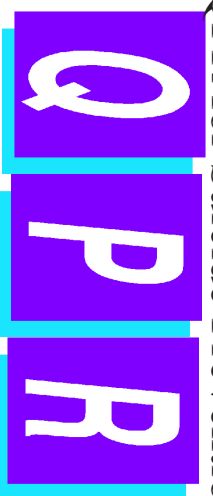
Listen. Talking things out can save a life.

Don't promise secrecy and don't worry about being disloyal.

Don't try to do everything yourself. Get others involved.

Tell a trusted adult, or call a hotline or community resource.

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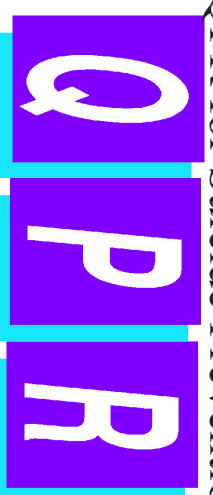
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Grades 7–8

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Warning Signs of Suicide

- ✓ Talking about suicide or making suicide threats.
- ✓ Obsessing about death.
- ✓ Alcohol and drug abuse.
- ✓ Statements revealing a desire to die.
- ✓ Sudden changes in behavior or personality.
- ✓ Prolonged depression.
- ✓ Taking greater or unnecessary risks.
- ✓ Giving away prized possessions.
- ✓ Withdrawing from friends and activities.

Community Resources

Nationwide Suicide Prevention Hotline
1-800-SUICIDE (1-800-784-2433)

Local Crisis Line

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