



QPR

Ask A Question, Save A Life



QPR For Youth



Ask A Question, Save A Life

©



QPR

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



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.



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

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

Preventing suicide..., it's what people do.



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.
- **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...

Suicide Myths and Facts

Myth If a suicidal youth tells a friend, the friend will access help.

Fact Most young people **do not** tell an adult.





Warning Signs for Suicide

- Suicide warning signs may be direct or indirect (clues)
- If you are unsure if something said or done is a suicide warning sign, apply QPR
- The more warning signs observed, the greater the risk. Take all signs *seriously*



Youth Warning Signs for Suicide

- Threats to hurt or kill him or herself
- Current talk of suicide/making a plan
- Strong wish to die/preoccupied with death
- Anxious and depressed, not sleeping
- Abusing substances



Youth Warning Signs for Suicide

Direct Verbal Warning Signs:

- “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.”



Warning Signs...

Indirect verbal suicide warning signs (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.”



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



Warning Signs...

Situational clues:

- Being expelled from school /fired from job
- Family problems/alienation
- Loss of any major relationship
- Death of a friend or family member, especially if by suicide



Warning Signs...

More situational clues:

- Diagnosis of a serious or terminal illness
- Financial problems (either their own or within the family)
- Sudden loss of freedom/fear of punishment
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying



Other areas of concern and signs of distress:

- Change in interaction with family and friends
- Recent disappointment or rejection
- Sudden decline or improvement in academic performance
- Increased apathy
- Physical symptoms: eating disturbances, changes in sleep patterns, chronic headaches, stomach problems, menstrual irregularities

These may not be suicide warning signs, but may indicate the onset of a mental illness and require some investigation



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!



Q 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?”



Q 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 Question

“You’re not suicidal, are you?”

Or,

“You wouldn’t do something stupid would you?”



P 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



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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HOPE MAKES ALL THE DIFFERENCE.



R 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.



R REFER

- Suicidal young 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.
- If the person refuses help, you may need to get others involved.

While arranging for help, stay with the person



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?



REMEMBER

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





END

Your contact information here