



*Question. Persuade. Refer.*

**ASK A QUESTION, SAVE A LIFE**

### **QPR for Suicide Prevention**

**Q** **Question the person about suicide.** *Do they have thoughts? Feelings? Plans? Don't be afraid to ask.*

**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 a child or adolescent, contact any adult, any parent. Or call your minister, rabbi, tribal elder, a teacher, coach or counselor. Or call the resource numbers on this card.*

#### **To Save A Life...**

- *Realize someone might be suicidal.*
- *Reach out. Asking the suicide question DOES NOT increase risk.*
- *Listen. Talking things out can save a life.*
- *Don't try to do everything yourself. Get others involved.*
- *Don't promise secrecy and don't worry about being disloyal.*
- *If persuasion fails, call your mental health center, local hotline or emergency services.*
- *If you believe someone is in the process of making a suicide attempt, call 911.*



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### Warning Signs of Suicide

- *Suicide threats*
- *Previous suicide attempts*
- *Alcohol and drug abuse*
- *Statements revealing a desire to die*
- *Sudden changes in behavior*
- *Prolonged depression*
- *Making final arrangements*
- *Giving away prized possessions*
- *Purchasing a gun or stockpiling pills*

### Resource Numbers

**1-800-273-TALK (8255)**

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**1-800-SUICIDE (784-2433)**

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**Vets4Warriors: 1-885-838-8255**

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**[www.qprinstitute.com](http://www.qprinstitute.com)**