

COURAGE through ACTION

CREATING a *successful and healthy* environment through **training** and **support**.

Hopelessness is a terrible state of mind.

It's imperative we educate people about suicide to not be afraid to reach out and ask,

"is there anything I can do to help you?"

This can be accomplished by change in people's attitude by recognizing communication, knowledge and awareness saves lives.

Question, Persuade, Refer (QPR) centers on people in distress typically communicate their despair and helplessness, either in word or behavior before making a suicide attempt.



WHAT DOES QPR MEAN?



Q – How to **QUESTION** a person about suicidal thoughts and behaviors

P – How to **PERSUADE** someone to seek help

R – After a conversation, **REFER** a person to resources that can help with their crisis.

Q: How can we make a difference in someone's life?

A: The sooner a warning sign of suicidal behavior is detected the better the outcome of a suicidal crisis.

Key Components covered in the program:

- Myths and truths about suicidal behavior.
- How to Question, Persuade and Refer someone who may be suicidal.
- Educating people about suicidal warning signs.
- How to get help for yourself or learn more about preventing suicide.
- Common causes of suicidal behavior.

Alarming Statistics:

- More Americans die from suicide than homicide.
- The age group 35-55 reflects the highest group for completed suicides.
- Suicide is the **SECOND** leading cause of death for ages 12-18.
- 81% of suicide deaths are **MALES** and 19% **FEMALES** in the age group 18-24.



7.5% OF YOUTH IN GRADES 9-12

made at least one suicide attempt
in the past 12 months.

*That's approx. 3,000 attempts daily
for a total of 1,132,000 annually.*



4 OUT OF 5 TEENAGERS

who attempt suicide have given
clear warning signs.



90% OF ADOLESCENTS

who take their life *are depressed*



LGBTQ YOUTH

are at higher risk of suicide
than heterosexual peers

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