

# COURAGE through ACTION

**Why:** Hopelessness is a terrible state of mind. It's imperative we deliver messages that give hope and belonging. This requires courage and commitment to take necessary action.

**How:** Educate people about suicide to not be afraid to reach out and ask, "is there anything I can do to help you?"

**What:** A change in attitude by recognizing communication, knowledge and awareness saves lives.

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

Through QPR learning, its signs, causes and solutions for prevention, we become better equipped to keep people safe now and into the future. It's designed to detect who are in the thinking or ideational phase of a suicide plan.

Research shows the majority of people who are contemplating suicide give some warning signs - verbal, written or behavioral. By recognizing these crises for help and offering hope, suicide can be prevented.

Those who are in a position to recognize the warning signs of an emerging suicide crisis either fail to see the signs or deny their meaning.

Failure to recognize and respond to suicide warning signs may reflect both lack of knowledge about suicide, as well as our basic fear about the subject itself.

QPR training offers the following:

- 1. Explore Myths & Facts of Suicide**
- 2. Suicide Clues & Warning Signs**
  - a. Direct Verbal Clues
  - b. Behavioral Clues
  - c. Situational Clues
- 3. QPR Suicidal Prevention Program**

**'Q' – Question** – How to question people about suicidal thoughts. In the training we will explore two types of questions:

- a. Less direct approach ("Have you been unhappy lately?")
- b. More direct approach ("Have you ever wanted to harm yourself?")

**'P' – Persuade** – The goal of persuasion is simple. All we want to accomplish is for a person to agree to get some help.

**'R' – Referral** – Being a resource, it's imperative to notify appropriate personnel as quickly as possible.

- a. Identify a person they trust most and see if they can be contacted.
- b. If a person is very depressed, try to get a 'good faith commitment' not to complete or attempt suicide.