

It's imperative to provide training for teachers who are suffering with depression, anxiety and isolation, that leads to overwhelming thoughts that potentially can lead to suicidal ideations. Harming oneself.

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

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

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

QPR (Question, Persuade, Refer) hinges on the fact teachers 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 students safe now and into the future.

Research shows the majority of teachers 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.

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 a teacher 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 the teacher to agree to get some help.

'R' – Referral – As a school resource, it's imperative you notify appropriate school personnel as quickly as possible.

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