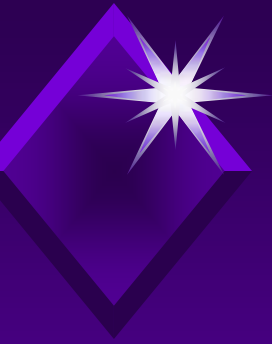


QPR

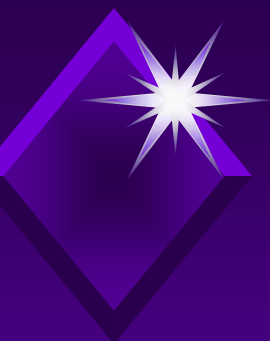
Ask A Question, Save A Life

©



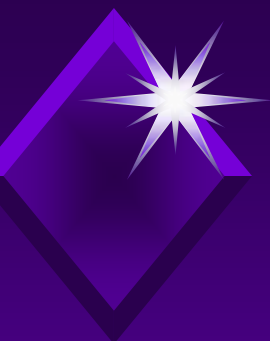
QPR

Question, Persuade, Refer



QPR

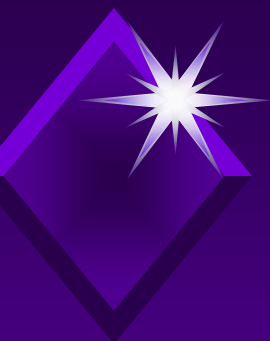
- ◆ QPR is not intended to be a form of counseling or treatment.
- ◆ QPR is intended to offer hope through positive action.



QPR

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.
- ◆ **Myth** Only experts can prevent suicide.
- ◆ **Fact** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide

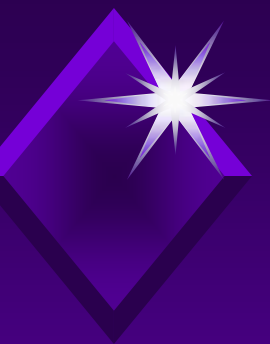


QPR

Myths And Facts About Suicide

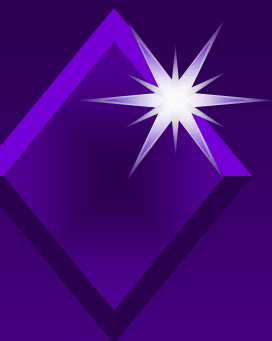
- ◆ **Myth** Suicidal people keep their plans to themselves.
- ◆ **Fact** Most suicidal people communicate their intent sometime during the week preceding their attempt.
- ◆ **Myth** Those who talk about suicide don't do it.
- ◆ **Fact** People who talk about suicide may try, or even complete, an act 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...



QPR

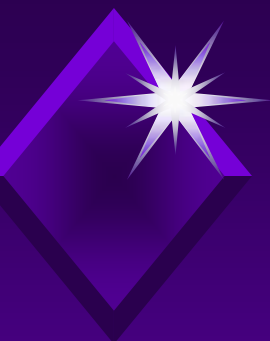
Suicide Clues And Warning Signs
The more clues and signs observed, the
greater the risk. Take all signs seriously.



QPR

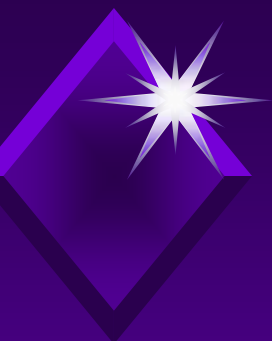
Direct Verbal Clues:

- ◆ “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.”



QPR

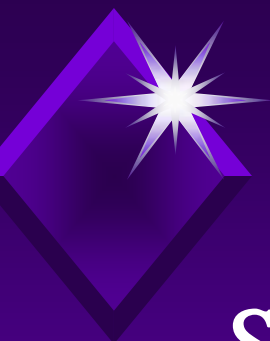
- ◆ “I’m tired of life, I just can’t go on.”
- ◆ “My family would be better off without me.”
- ◆ “Who cares if I’m dead anyway.”
- ◆ “I just want out.”
- ◆ “I won’t be around much longer.”
- ◆ “Pretty soon you won’t have to worry about me.”



QPR

Behavioral Clues:

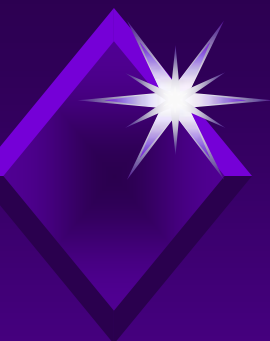
- ◆ Any previous suicide attempt
- ◆ Acquiring a gun or stockpiling pills
- ◆ Co-occurring depression, moodiness, hopelessness
- ◆ Putting personal affairs in order
- ◆ Giving away prized possessions
- ◆ Sudden interest or disinterest in religion
- ◆ Drug or alcohol abuse, or relapse after a period of recovery
- ◆ Unexplained anger, aggression and irritability



QPR

Situational Clues:

- ◆ Being fired or being expelled from school
- ◆ A recent unwanted move
- ◆ Loss of any major relationship
- ◆ Death of a spouse, child, or best friend, especially if by suicide
- ◆ Diagnosis of a serious or terminal illness
- ◆ Sudden unexpected loss of freedom/fear of punishment
- ◆ Anticipated loss of financial security
- ◆ Loss of a cherished therapist, counselor or teacher
- ◆ Fear of becoming a burden to others

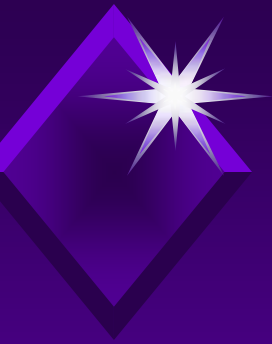


QPR

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

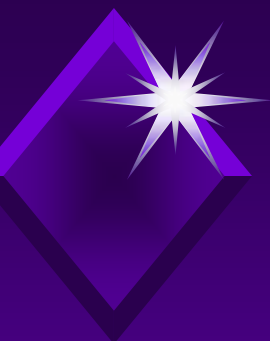


Q

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?”



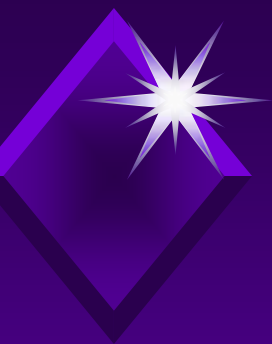
Q

QUESTION

Direct Approach:

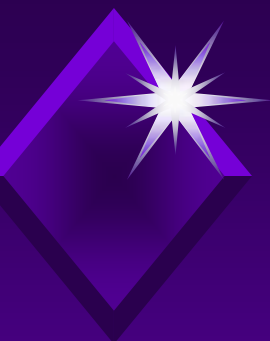
- ◆ “You know, when people are as upset as you seem to be, they sometimes wish they were dead. I’m wondering if you’re feeling that way, too?”
- ◆ “You look pretty miserable, I wonder if you’re thinking about suicide?”
- ◆ “Are you thinking about killing yourself?”

NOTE: If you cannot ask the question, find someone who can.



How Not to Ask the Question

“You’re not suicidal, are you?”

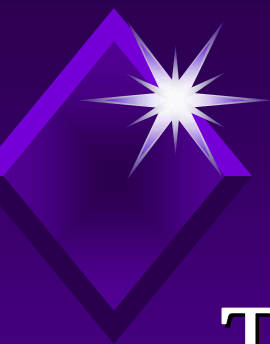


P

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



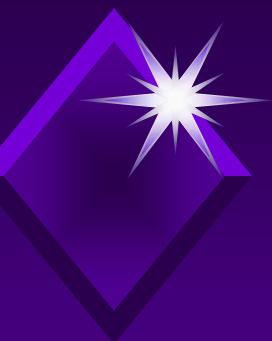
P

PERSUADE

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?”

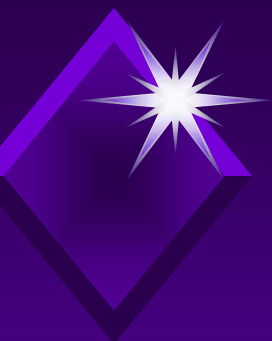
**YOUR WILLINGNESS TO LISTEN AND TO HELP
CAN REKINDLE HOPE, AND MAKE ALL THE
DIFFERENCE.**



R

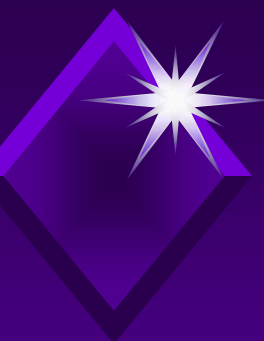
REFER

- ◆ 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.



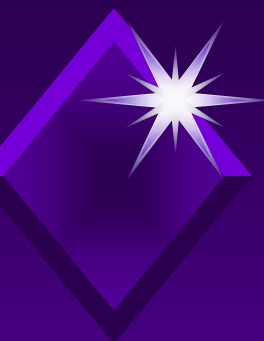
REMEMBER

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.



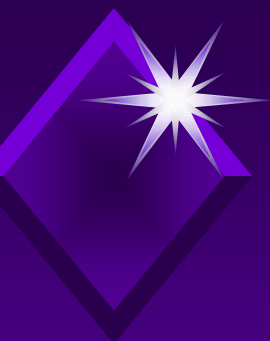
For Effective QPR

- ◆ 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?



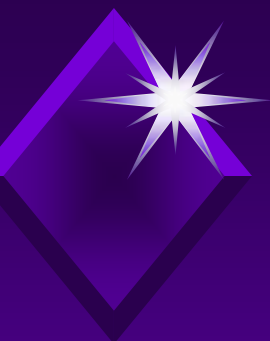
For Effective QPR

- ◆ Join a Team. Offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment.
- ◆ Follow up with a visit, a phone call or a card, and in whatever way feels comfortable to you, let the person know you care about what happens to them. Caring may save a life.



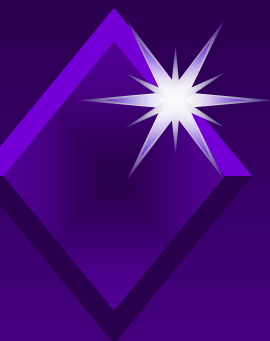
REMEMBER

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



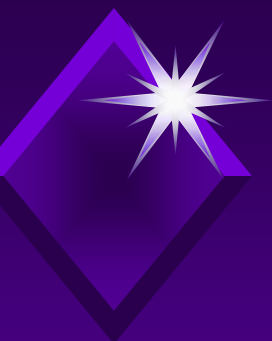
Suicide in late life: What you need to know....

- ◆ Older adults are at higher risk for suicide than *any other age group* in America.
- ◆ The highest suicide rate per capita in America is among males over 85.
- ◆ 74% of males use a firearm.
- ◆ Older people tend to plan carefully and use highly lethal means when attempting suicide.



Known risk factors for late life suicide with evidence levels (+)

- ◆ Mental disorder +++++
- ◆ Previous suicide attempt +++++
- ◆ Alcohol or substance abuse disorder ++++
- ◆ Hopelessness ++
- ◆ Some major physical illness ++
- ◆ Job or financial loss ++
- ◆ Relational or social loss ++
- ◆ Easy access to means of suicide ++
- ◆ Lack of social support ++



Suicide attempts in late life

- ◆ When older adults make a suicide attempt it is *always* serious and should never be minimized as a “gesture” or “attention seeking.”
- ◆ The method may fail, but older adults most often *intend* to die in their attempt.
- ◆ In people over age 65, there are only 4 attempts for every completed suicide.



What you can do....

- ◆ Do not assume physical illness is a reason for depression and suicide.
- ◆ Known that untreated depression is *the* major risk factor, coupled with hopelessness and despair.
- ◆ Statements of fear of becoming a “burden” to others should trigger a QPR intervention.

Sources: American Association of Suicidology, Statistical update, 1999; Dr. Yates Conwell, et al., *Risk factors for suicide in later life*, Biological Psychiatry 2002; Suicide Prevention in Later Life, Consensus Conference, Washington D.C., 2002.