



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 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

988 Suicide and Crisis Lifeline

Chat online: 988lifeline.org

In Crisis? Text 741741

Vets4Warriors: 1-855-838-8255

LGBTQ Crisis Services: 1-866-488-7386

Trans Lifeline: 1-877-565-8860
