

# QPR – Question, Persuade, Refer

## A Suicide Prevention Training Program

Take Action: You can make a difference and possibly save a life

### WHY IS THIS TRAINING IMPORTANT?

Depression is the leading risk factor in suicide. In fact, 90% of those who die by suicide suffered from a depressive illness. Unfortunately, this disease is not always diagnosed or treated.

The second major risk factor is Drug or Alcohol Abuse, which is frequently used as a way to cope. The mix of depression and substance abuse places an individual at grave risk. Drinking and using drugs may reduce inhibitions and impair the judgment of someone thinking about suicide, making the act more likely.

Each year an estimated 775,000 family members are impacted by the suicide attempt or death of a loved one. Countless others are concerned about friends.

### HOW DOES THE TRAINING WORK?

In as little as 90 minutes, individuals can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. Presented by a certified instructor, each QPR training includes information on:

- The problem of suicide nationally and in Ohio
- Common myths and facts associated with suicide
- Warning signs of suicide
- Tips for asking the suicide question
- Methods for persuading suicidal individuals to get help
- Ways of referring at risk people to local resources
- AND time for Questions and Answers

Each attendee will receive a QPR booklet and card with information on suicide prevention, as well as resource information for treatment providers and support within their community.



This training is appropriate for anyone: workplaces, churches, schools, parents, students, community organizations/clubs, etc. For more information about QPR, go to

<http://www.qprinstitute.com/about.html>

To schedule a training, contact:  
Solutions Community Counseling & Recovery Centers

Attn: Barbara Adams Marin  
Phone: 937.383.4441  
Email: [bmarin@solutionsccrc.org](mailto:bmarin@solutionsccrc.org)

Available \*FREE\* to any  
Warren and Clinton County, Ohio  
Organization or Group

This program is approved by the  
Suicide Prevention Coalition of Warren  
and Clinton Counties  
and  
funded by  
Mental Health Recovery Services of  
Warren and Clinton Counties

