

# QPR: Question, Persuade, Refer Suicide Prevention Training Program for Adults

*“It’s what people do”*



## SUICIDE IS A MAJOR PUBLIC HEALTH PROBLEM

Each year approximately 47,000 individuals die by suicide in the US. In Ohio, there are about 5 suicide deaths every day. While loved ones are most affected, the ripple effects of a suicide extend far beyond family members. Studies led by Julie Cerel at the University of Kentucky in 2018 indicated that as many as 135 people are affected to some degree by every person lost to suicide. That number includes all people who have known the person who died.\*

## SUICIDE IS THE MOST PREVENTABLE CAUSE OF DEATH

Greater awareness of the risk factors and warning signs of suicidal thinking can reduce the number of deaths in the same way that learning CPR has improved survival after heart attacks. The vast majority of persons thinking about suicide experience some form of mental illness, which is often undiagnosed or undertreated. The use of alcohol or other drugs to cope greatly increases a person’s risk of suicide, as drinking or other drugs may reduce inhibitions and impair the judgment of someone thinking about suicide.

## ABOUT QPR- Question, Persuade and Refer

QPR Gatekeeper Training is an evidence-based universal prevention strategy to reduce deaths by suicide. Presented by certified instructors, each QPR training aims to increase awareness of the risk factors and warning signs of suicide and help a person know how to respond. QPR does not train individuals to provide mental health treatment. Rather, QPR shares techniques to intervene at a critical moment and to connect the individual to mental health professionals. Breaking the cycle of hopelessness and despair can save lives.

A QPR Gatekeeper Training includes:

- Practice talking about suicide and how to ask the question, “Are you thinking of suicide?”
- Training to persuade a person to not act and accept help
- Information about crisis services, local treatment providers, and community support

For more information about QPR, go to :

<https://qprinstitute.com/about-qpr/>

QPR Gatekeeping training is appropriate for all adults, and is available FREE to workplaces, schools, faith-based or other community organizations in Clinton and Warren counties.

**To schedule a training, contact:**

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in Warren & Clinton Counties**

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\*Cerel, J., Brown, M., Maple, M., Singleton, M., van deVenne, J., Moore, M., & Flaherty, C. (2018). How many people are exposed to suicide? Not six. *Suicide and Life-Threatening Behavior*. DOI: 10.1111/sltb.12450. Retrieved from <https://onlinelibrary.wiley.com/doi/pdf/10.1111/sltb.12450>