

HELP PREVENT SUICIDE – QUESTION, PERSUADE, REFER (QPR)

Suicide remains the 10th leading cause of death among all Americans, and the 3rd among those aged 15 to 24. Within the faith-based community the topic of suicide can be challenging to discuss and even more challenging to address. At a recent training Cherie Castellano from Rutgers University Behavioral Health Care shared with Faith Based leaders the topic of QPR (Question, Persuade, Refer) which is a technique that can be utilized to help prevent suicide completion. QPR was designed to teach anyone how to provide help and support to those that are contemplating suicide.

QPR Myth and Facts

- Myth: Only experts can prevent suicide.
- Fact: Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.
- Myth: Suicidal people keep their plans to themselves.
- Fact: Most suicidal people communicate their intent sometimes during the week preceding their attempt
- Myth: Once someone 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.

QPR IS A SUICIDE AWARENESS TOOL

QPR as a tool helps someone stay alive until they can get the psychological help they need. The training addressed the following topics with regard to suicide: Peoples personal feelings regarding suicide, actions steps to help prevent suicide, & providing support post-intervention. Once trained in QPR anyone can provide help to those in need. The most important step is the willingness to get involved. QPR provides a step by step approach to helping someone who is contemplating suicide.

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

Question, Persuade, Refer How you ask the questions is less important than that you ask it.

Q – Question the Person about Suicide. Don't be afraid to ask if they have thoughts of killing themselves. Do they have a Plan?

Tips for Asking the Suicide Question

- If in doubt, don't wait, ask the question be persistent!
- Talk to the person alone in a private setting, allow them to talk freely
- Give yourself plenty of time
- Have resources handy; phone numbers, counselor's name and any other information that might help... NJ Hopeline 1.855.654.6735

P - Persuade the Person to get help. Listen carefully. Then say, "Let me help." "Come with me to find help." or "Have you thought about calling the Hopeline for someone to talk to? 1.855.654.6735"

Don't try to be their counselor; be their friend and support them in seeking help.

R – Refer for help. Utilize the NJ Hopeline 1.855.654.6735, local Emergency Rooms, Faith Leaders, or visit www.njhopeline.com The NJ Hopeline provides a private and discrete method of 24 hour live support where you can speak one on one with a specialist. Referral through the helpline is to be a guided and supported process and is not to be handed off to the person in need to take on alone.

"Here's the number let's call together"

The More Clues and Signs Observed, the Greater the Risk. Take All Signs Seriously.

KNOW THE FACTS / BE AWARE OF WARNING SIGNS

Facts:

- Asking won't put the thought in someone's head; it will give them an opportunity for help.
- Most suicidal individuals express some intent the week prior to their attempt.
- Suicide is the most preventable kind of death, and almost any positive action may save a life.

Signs/Cues to look for:

- Warning Signs - despair, hopelessness, depression
 - Suicide threats and previous suicide attempts
 - Alcohol and drug abuse (including prescription drugs and pain medications)
 - Statements revealing a desire to die or thoughts about killing oneself
 - Sudden changes in behavior
 - Prolonged depression
 - Making final arrangements
 - Giving away prized possession
- Direct verbal Cues - I wish I were dead, If x doesn't happen I'm going to kill myself
- Indirect verbal Cues - My family would be better off without me, Soon you won't have to worry about me anymore, Here take this-I won't be needing it.