

QPR for  
Suicide  
Prevention

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 an adolescent, contact any adult, any parents; 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.