

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? 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 parent. Or call your minister, rabbi, tribal elder, a teacher, coach or counselor. Or call the resource numbers at the end of this card.

RESOURCE INFORMATION

Resource Numbers 1-800-273-TALK

Your Online QPR Gatekeeper Training access info

Web address: <http://www.qprtraining.com>

User ID: _____

Password: _____