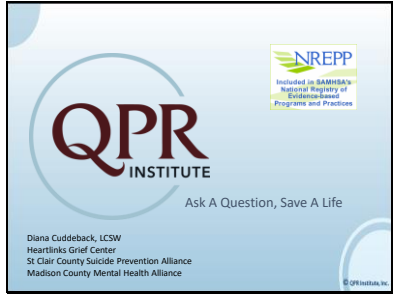
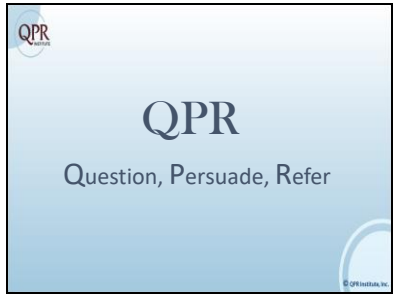


Slide 1




Slide 2



Slide 3



Slide 4



QPR

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

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Slide 5

Poll



VOTE

Slide 6

A Whole Plethora of Facts

Suicide is the **10th** leading cause of death in the US for adults

Suicide is the **2nd** leading cause of death in the US for youth 15-24

Each year **44,965** Americans die by suicide

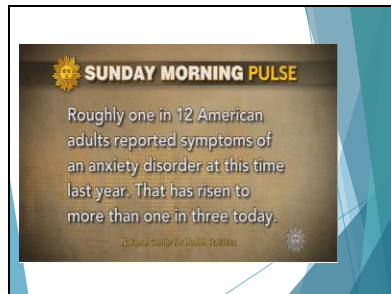
For every suicide **25** attempt

Suicide costs the US **\$ 69 Billion** annually

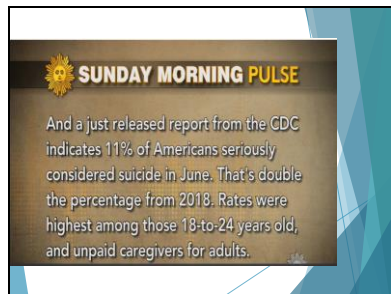
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Slide 8



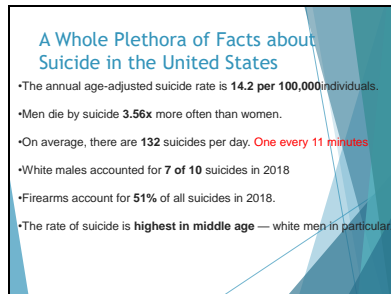
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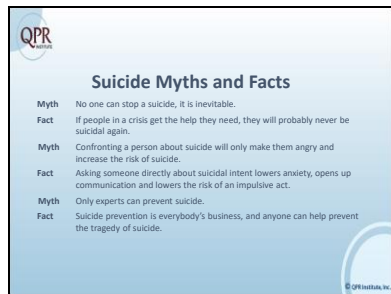
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Slide 12



Slide 13

90%
of people who die by suicide
have a **diagnosable** and
treatable psychiatric disorder
at the time of their death.

Slide 14

QPR
suicide prevention

Suicide Myths and Facts

Myth Suicidal people keep their plans to themselves.
Fact Most suicidal people communicate their intent sometime during the week of preceding their attempt.

Myth Those who talk about suicide don't do it.
Fact People who talk about suicide may attempt an act of self-destruction.

Myth Once a person decides to attempt 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.

How can I help? Ask the Question...

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Additional: Suicide Myths and Facts

- **Myth** If a suicidal person tells a friend, the friend will access help.
- **Fact** People often don't know what to do and therefore do nothing.

Good Friends Don't Keep Deadly Secrets


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 **QPR**


Suicide Clues And Warning Signs

The more clues and signs observed, the greater the risk.

Take all signs seriously.


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Slide 17

 **QPR**


Direct Verbal Clues:

- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."
- "If (such and such) doesn't happen, I'll kill myself!"


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Poll




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 **Indirect Verbal Clues**


- "I'm tired of life, I just can't go on."
- "My family would be better off without me."
- "Who cares if I'm dead anyway."
- "I just want out."
- "I won't be around much longer."
- "Pretty soon you won't have to worry about me."




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 **Behavioral Clues:**


- Any previous suicide attempt
- Acquiring a gun or stockpiling pills
- Co-occurring depression, moodiness, hopelessness
- Putting personal affairs in order



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 **More Behavioral Clues:**

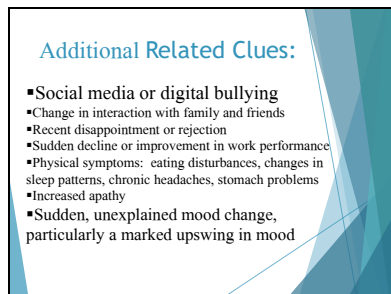
- Giving away prized possessions
- Sudden interest or disinterest in religion
- Drug or alcohol abuse, or relapse after a period of recovery
- Unexplained anger, aggression and irritability



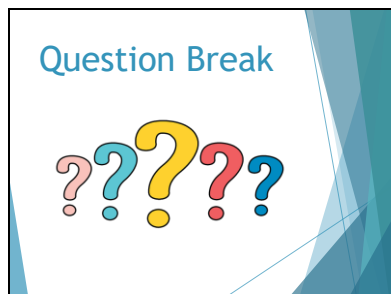
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QPR
Question

Direct Approach:

- "You know, when people are as upset as you seem to be, they sometimes wish they were dead. I'm wondering if you're feeling that way, too?"
- "You look pretty miserable, I wonder if you're thinking about suicide?"
- "Are you thinking about killing yourself?"

NOTE: If you cannot ask the question, find someone who can.

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Diana's Lagniappe for Asking the Suicide Question

Tune into your gut and respect its power

Use your own emotions to give power to your words.
I am scared. You are not acting like yourself. Are you thinking of killing yourself?

Don't talk yourself out of asking


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Q Question

How NOT to ask the suicide question:

- "You're not thinking of killing yourself, are you?"
- "You wouldn't do anything stupid would you?"
- "Suicide is a dumb idea. Surely you're not thinking about suicide?"




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P Persuade

How to Persuade someone to stay alive:

- Listen to the problem and give them your full attention
- Remember, suicide is not the problem, only the solution to a perceived insoluble problem
- Do not rush to judgment
- Offer hope in any form



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P Persuade

Then Ask:

- "Will you go with me to get help?"
- "Will you let me help you get help?"
- "Will you promise me not to kill yourself until we've found some help?"

YOUR WILLINGNESS TO LISTEN AND TO HELP
CAN REKINDLE HOPE, AND MAKE ALL THE DIFFERENCE.




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Talk about it!
Ask rather than regret later



**YOUR WILLINGNESS TO LISTEN AND TO HELP
CAN REKINDLE HOPE.
HOPE MAKES ALL THE DIFFERENCE.**

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 **R Refer**

- Suicidal people often believe they cannot be helped, so you may have to do more.
- The best referral involves taking the person directly to someone who can help.
- The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
- The third best referral is to give referral information and try to get a good faith commitment not to attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.

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Emergency Numbers:
1-800-278-TALK (8255) Suicide Hotline
741741- Crisis Text Line
911- When all else fails


St Clair County, IL ▶ Chestnut 24/7 Crisis Line (618) 877-0316 ▶ Comprehensive Behavioral Health Center: (618)-482-7330	Madison County, IL ▶ Chestnut 24/7 Crisis Line (618) 877-0316 ▶ Centerstone of Alton (618) 465-4388
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Remember

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement and relief, don't hesitate to get involved or take the lead.



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QPR

For Effective QPR

- Say: "I want you to live," or "I'm on your side...we'll get through this."
- Get Others Involved. Ask the person who else might help. Family? Friends? Brothers? Sisters? Pastors? Priest? Imam? Rabbi? Bishop? Physician?

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Reminder:

Don't Leave Them Alone!

Don't Leave Them with Means!

Don't do this all by yourself!

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For Effective QPR

- Join a Team. Offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment.
- Follow up with a visit, a phone call or a card, and in whatever way feels comfortable to you, let the person know you care about what happens to them. Caring may save a life.

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Additional Ideas for Support

- ▶ **Leverage relationships/ Involve others.** Ask the person who else might help. Don't do this by yourself.
- ▶ Join SPA- St Clair County Suicide Prevention Alliance or The Madison County Mental Health Alliance- see Facebook pages
- ▶ **Support QPR Trainings-** Suicide prevention training is available in St Clair and Madison counties virtually, and eventually, in-person again. Get training for groups, schools, churches, and individuals.

Email: Diana Cuddeback at dcuddeback@myheartlinks.com

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Community Participation Opportunities

Out of the Darkness Walks- AFSP-
American Foundation for Suicide
Prevention
<https://afsp.org/>

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