

Who Needs Training?

In short, the more people trained in QPR, the more lives saved.

- Individuals
- Organizations/Schools
- Professional groups

How Long is the Training?

Can be provided in as little as one hour.

Suicide Facts

Suicide is the 2nd leading cause of death for middle and high school youth (ages 12-18).

More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED.

*Sign Up for Free QPR Training
Online at:*

www.ncbhb.org/prevention/suicide-prevention



1200 North State Route 53
Tiffin, Ohio 44883

419-448-0640

prevention@ncbhb.org

www.ncbhb.org

A background image showing a classroom setting. A male teacher in a light blue shirt is standing at the front, gesturing towards a whiteboard. A group of students is seated at desks, facing the teacher. The image is partially obscured by a large, semi-transparent blue and purple bubble containing the text "Behavioral Health Services".

**Behavioral
Health
Services**



**Suicide Prevention
Coalition**

**Get Free QPR
Training Today!**



Question



Persuade



Refer

**3 Simple Steps To
Save A Life**

QPR Mission

To save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.



What Does QPR mean?

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor.

3 Steps to Save a Life



Question Them

ASK- R U OK? ARE YOU:

- Feeling hopeless or depressed?
- Thinking about suicide?
- Do you have a plan?
- What is your plan?

1



Persuade Them

PERSUADE THEM TO GET HELP

- Talk- Listen- Stay Calm
- Tell them you care
- Stay with them
- Find common ground
- NEVER pass judgement

2



Refer Them

TAKE ACTION

- DO NOT LEAVE THEM ALONE
- Refer for help to a counselor, psychiatrist, or primary care doctor
- In school- refer to a trusted teacher, school counselor, or staff member
- If in immediate danger, take directly to the ER or call the Firelands crisis hotline: 1-800-826-1306

3



How is QPR like CPR?

The process of CPR is designed to stabilize people who aren't breathing or breathing intermittently and who may be in cardiac arrest until the person can reach a hospital or other care. Similarly, QPR is an **emergency mental health intervention** for suicidal persons created in 1995 by Paul Quinnett. An abbreviation for **Question, Persuade and Refer**, the intent is also to identify and interrupt the crisis and direct that person to the proper care. Both CPR and QPR are part of systems designed to increase the chance of survival in the event of a crisis.