SUICIDE:
Wrong Solution; the Forever Decision

Research shows that the great majority of those who attempt suicide give some warning signs, verbal or behavioral, of their intent to kill themselves in the final leg of their journey from the idea of self-destruction to an act of suicide. These warning signs are often given during the week preceding an attempt. QPR is designed to interrupt this terrible journey.

QPR: Question, Persuade, Refer

Q = QUESTION. Ask Suicide Questions
Asking the suicide question does not increase risk.
- Have you been so unhappy you wished you were dead?
- Do you ever wish you could go to sleep and never wake up?
- You look pretty miserable. Are you thinking of killing yourself?
- Are you thinking about suicide?

P = PERSUADE. Persuade Someone to Get Help
Persuading someone not to end his/her life and to get help begins with the simple act of listening. Listening can be life-saving.
- Giving your full attention
- Not interrupting and speaking only when the other person has finished
- Not rushing to judgment or condemnation
- Taming your own fear so that you can focus on the other person

The goal of persuasion is simple. All we want to accomplish is for the person to say “yes” and that they will get some help.
- Will you go with me to see a counselor?
- Will you let me help you make an appointment with....?
- Will you promise me…?

R = REFER. Refer Someone for Help
- The best referral is when you personally take the person you are worried about to a mental health provider or other appropriate professional.
- The next best referral is when the person agrees to see a professional and you know they actually kept the appointment.
- The third best referral is getting the person to agree to accept help, even if in the future.

If you do not know anyone in the counseling or helping professions, call your own family doctor, your community crisis line, a professional mental health organization, or a professional association and ask for a referral.
- 1-800-273-TALK
- 1-800-SUICIDE (1-800-784-2433)
- 2-1-1
- 562-907-4239 (Whittier College Counseling Center)