



# n p c a

National Precast Concrete Association

[precast.org](http://precast.org)

# **QPR**

- What is QPR?
- It stands for **Question, Persuade, and Refer** and is a **Suicide Prevention concept and training program**. It is designed to help individuals identify and assist those who may be at the risk of Suicide.
- This PowerPoint is designed to give a broad overview of one of many suicide prevention concepts available. To learn more about QPR you can go to QPR Institute's website and get online training or find out how to find an in-person training program and or become an instructor.

# Common Factors for Suicide

- Suicidal thoughts can result from a complex interplay of various factors and it's essential to recognize that individuals contemplating suicide are often experiencing significant emotional pain and distress. While each person's situation is unique, here are some common factors that can lead people to contemplate suicide.

# Mental Health Disorders / Hopelessness

- Many individuals who contemplate suicide are struggling with mental health disorders such as depression, anxiety, bi-polar disorder, schizophrenia, or post traumatic stress disorder. To name a few. These conditions can significantly affect a person's emotional well-being and coping mechanisms.
- Hopelessness or despair can make it difficult for people to envision a brighter future. They may believe that their pain will never improve, leading them to consider suicide as a way to escape their suffering.

# Relationship Problems / Trauma Abuse

- Relationship problems like conflicts, Isolation, or the breakdown of important relationships, such as romantic partnerships or family relationships, can contribute to suicidal thoughts. Feeling rejected, abandoned, or unsupported by loved ones can be particularly distressing.
- Experiencing Trauma, Abuse, or violence can have long lasting psychological effects and may lead to thoughts of suicide. Unresolved trauma can be overwhelming and make life seem unbearable.

# Substance Abuse / Financial Difficulties Chronic Health Conditions

- Substance abuse and addiction can exacerbate mental health issues and lead to impulsive behavior, including suicidal thoughts and actions.
- Severe financial stress, including debt, job loss, or economic instability, can contribute to feelings of hopelessness and desperation, increasing the risk of suicidal ideation.
- Individuals dealing with chronic pain or debilitating physical health conditions may experience a diminished quality of life and may contemplate suicide as a way to escape their suffering.



You recognize  
someone in  
distress now  
what?



# Question

The first step in QPR is to **ask the person directly** if they are contemplating suicide. This may seem difficult or uncomfortable, but it's crucial to get them talking about it. You might say something like "I've noticed you've been feeling really down lately. Are you having thoughts hurting yourself or ending your life? Asking this question in a non-judgmental and empathetic manner can open up a conversation.

- **Active Listening** – be an active listener during the conversation. Show empathy, understanding, and non-judgmental support.
- **Stay Calm** – maintain your own composure during the conversation. This can help the person in crisis feel more at ease.

# Persuade

If the person acknowledges having thoughts of suicide, the next step is to persuade them to seek help. Encourage them to talk to a mental health professional, counselor, therapist, or a trusted friend individual who can provide support. Be persistent in your persuasion, as someone in crisis may be resistant to help. Avoid leaving them alone. Assure them of confidentiality and privacy but prioritize their safety. You cannot promise not to tell someone if you believe they are in danger. It is essential to seek professional help.

# Refer

The final step is to offer the person appropriate resources and individuals who can provide the necessary assistance. This may include giving them the contact information for a crisis hotline, mental health clinic, therapist, or counselor. Do not leave them alone until you have handed them off to professional help and if needed do not hesitate to call 911.

# Resources

- National suicide hotline 988
- 911 can dispatch behavioral health professionals and or police who have the ability to help them voluntarily or involuntarily.
- The key, if they told you they are thinking of killing themselves is not to leave them alone until you have got them help.

