

# QUESTION PERSUADE REFER

**ASK A QUESTION, SAVE A LIFE**

Has a someone's behavior ever given you cause for concern about his/her well-being? The Counseling Center would like to equip you with knowledge for how to help those persons of concern.

QPR intends to teach those who are in a position to recognize the warning signs, clues & suicidal communications of people in trouble, and to act to prevent a possible tragedy.

## **WORKSHOP DATES:**

FEB. 6, MAR. 20, APR. 3, APR. 17

2 sessions offered on each date at either 10:00 –11:30 a.m. OR 1:30-3:00 p.m.

Please RSVP to Jenny Stephens at [jmstephe@svsu.edu](mailto:jmstephe@svsu.edu).

## **RESOURCE NUMBERS:**

**1-800-273-TALK** NATIONAL SUICIDE PREVENTION  
HOTLINE

**[989]964-7078** SVSU COUNSELING CENTER  
[WWW.SVSU.EDU/STUDENTCOUNSELINGCENTER](http://WWW.SVSU.EDU/STUDENTCOUNSELINGCENTER)

## **WHO NEEDS TO KNOW QPR? EVERYONE!**

Suicidal thoughts are common. Suicidal acts, threats and attempts are less common but much more frequent than most people realize. Suicide is the most common psychiatric emergency, the 11th leading cause of death in America, and the 2nd leading cause of death among college students. An estimated 80% of college students who died by suicide were never seen by campus mental health personnel. 2/3 of suicidal students say that encouragement from others is an important reason for seeking services.

**If you are planning to be a professor/teacher, professional caregiver, police officer, minister, nurse, coach, youth leader, paramedic, counselor, case manager, volunteer, or paid staff in any of a hundred different kinds of human service organizations, you will likely have firsthand contact with suicidal people.**

## **THROUGH QPR YOU WILL LEARN HOW TO:**

- OVERCOME EMOTIONAL REACTIONS TO SUICIDE
- UNDERSTAND SUICIDE
- IDENTIFY CLUES TO SUICIDE AND WHEN TO APPLY QPR
- ASK THE SUICIDE QUESTION
- PERSUADE SOMEONE TO GET HELP
- REFER SOMEONE TO HELP