

Suicide Prevention Gatekeeper Training

ASK A QUESTION, SAVE A LIFE





QPR

Question, Persuade, Refer

QPR

- ▶ QPR is not intended to be a form of counseling or treatment.
- ▶ QPR is not a suicide risk assessment training. It is meant to help detect risk, and offer a supportive intervention and referral.
- ▶ QPR is intended to offer hope through positive action.

Important

“Failure to respond to a suicidal communication can result in exacerbating the crisis.”

* Wolk-Wasserman, D. (1986), Suicidal communication of persons attempting suicide and responses of significant others. Acta Psychiatrica Scandinavica, 73: 481–499.

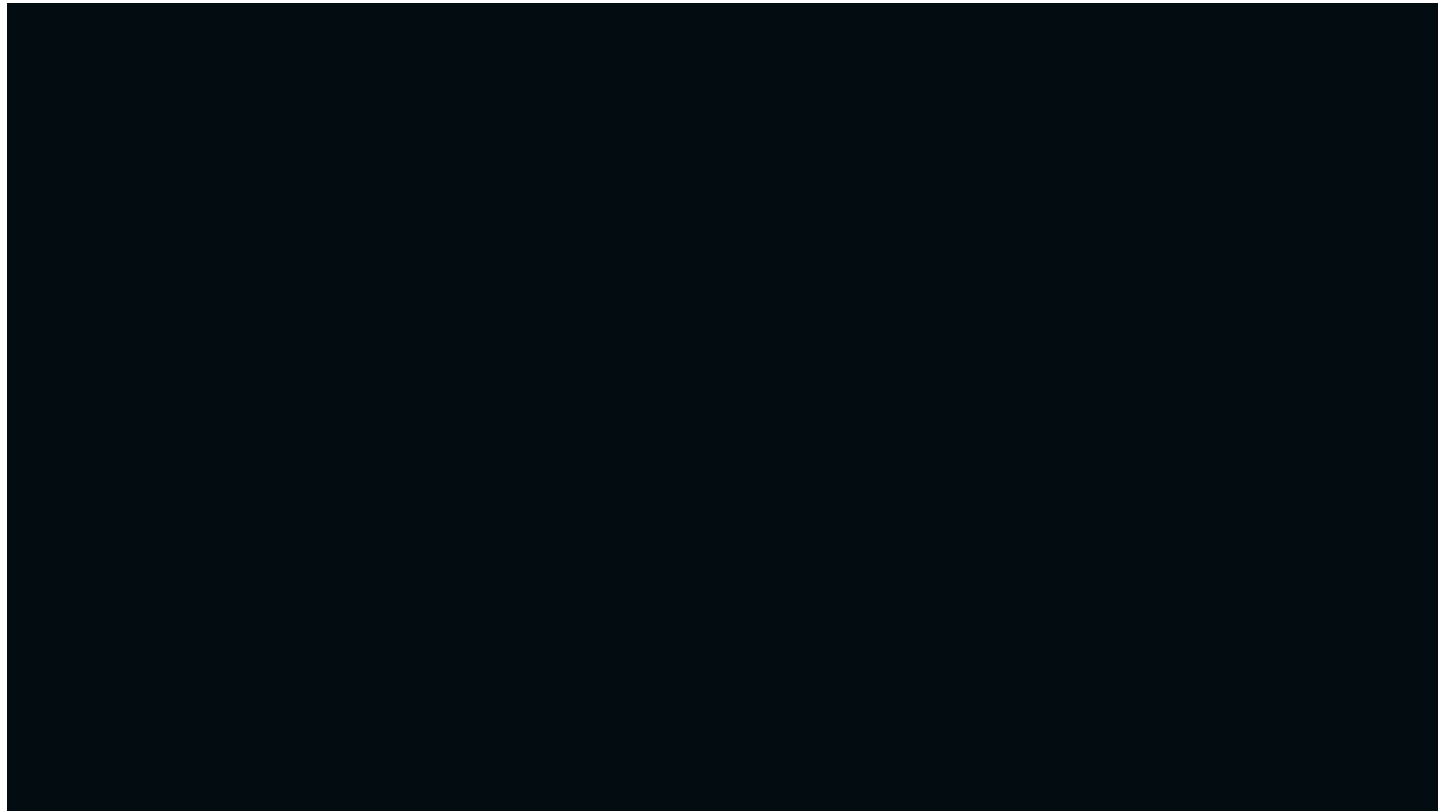
The message: See, I knew I didn't matter

More Important

We are only responsible for what we know today, not for something we will learn tomorrow.

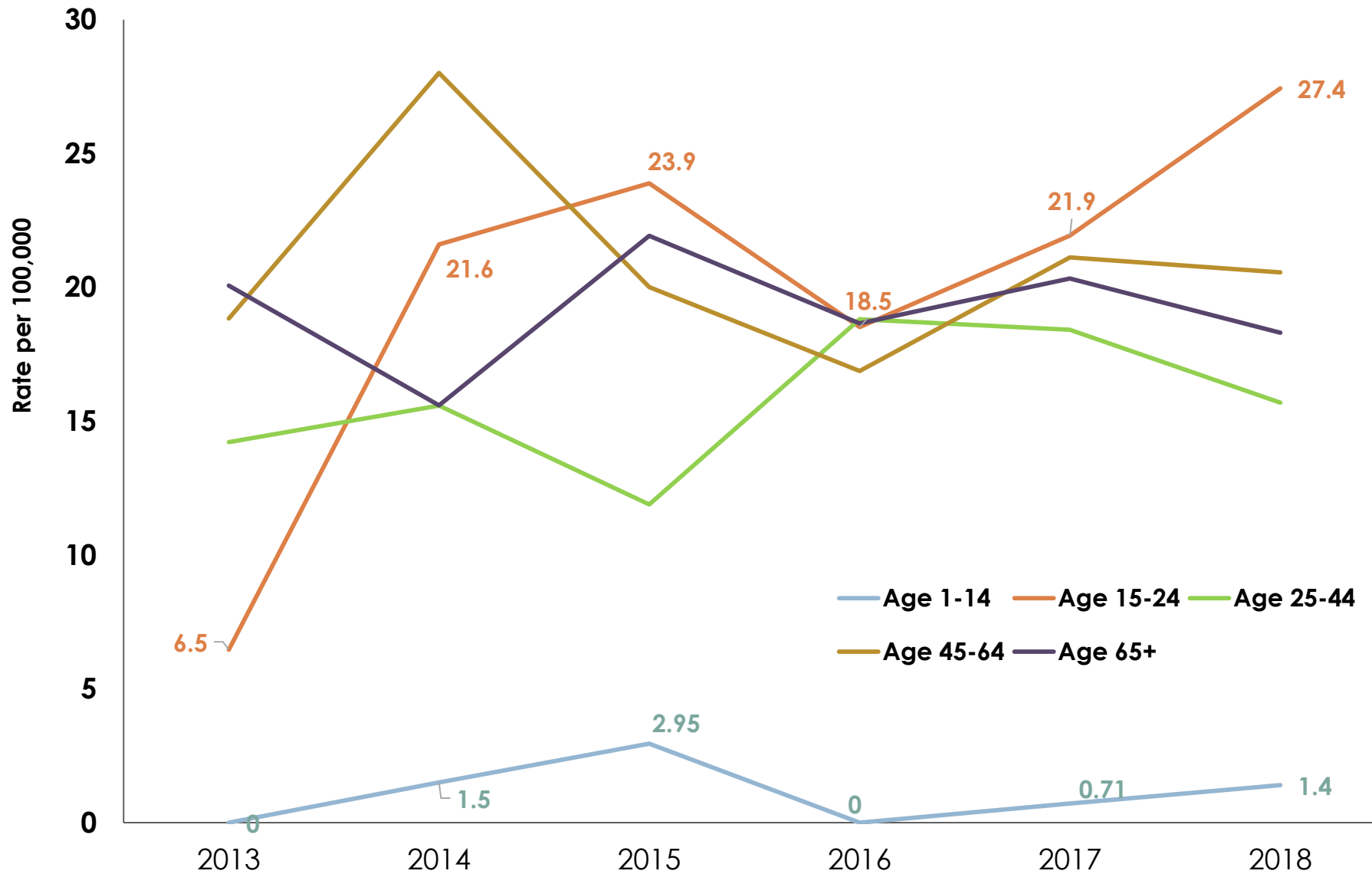
-- a wise person

Video: About Suicide



<https://youtu.be/xZbdfZpzhgM>

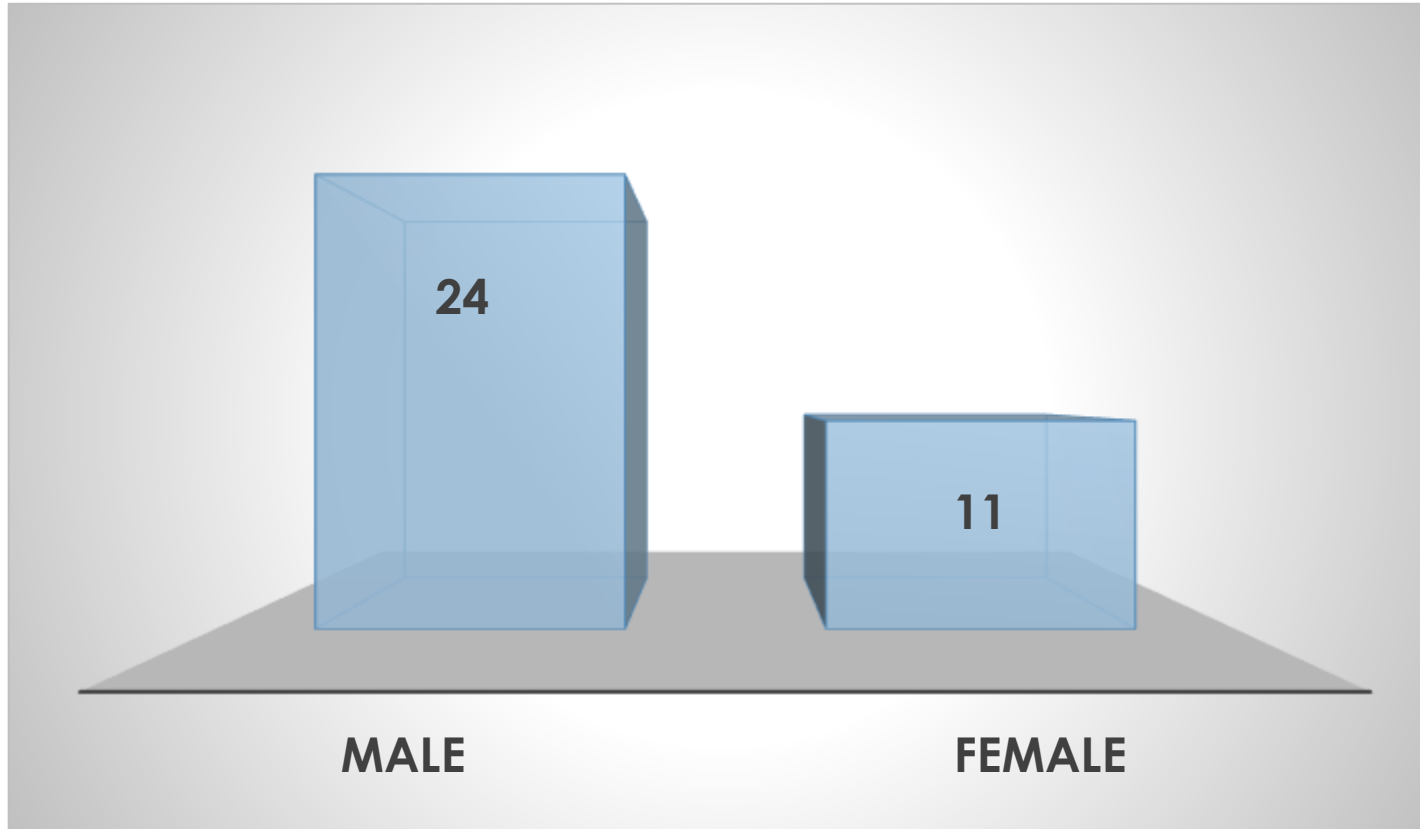
Suicide in our Community



Suicide by Age Group, Snohomish County, 2013-2018

Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990-2018, Community Health Assessment Tool (CHAT), June 2020

Youth Suicide in our Community



**Youth Suicides (0-18),
Snohomish County,
2014-2019
(ending June, 2019)
School Years**

Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data 2014-2019; The National Center for Fatality Review and Prevention Case Reporting System

Over the course of five school years, we've lost nearly two classrooms of kids to suicide

Youth Suicides (0-18), Snohomish County, 2014-2019 (ending June, 2019)
School Years



Suicide Facts

Fact	As opposed to...
If someone in a crisis gets the help they need, it is likely he/she will learn how to manage or treat their suicidal thoughts.	No one can stop a suicide, it is inevitable.
Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.	Confronting a person about suicide will only make them angry and increase the risk of suicide.

Suicide Facts

Fact	As opposed to...
<p>Most suicidal people communicate their intent sometime during the week prior to an attempt.</p>	<p>Suicidal people keep their plans to themselves.</p>
<p>People who talk about suicide may make a plan and/or attempt suicide.</p>	<p>Those who talk about suicide don't do it.</p>
<p>Suicide is the most preventable kind of death, and almost any positive action may save a life.</p>	<p>Once a person decides to complete suicide, there is nothing anyone can do to stop them.</p>

Suicide Clues And Warning Signs

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

Take all signs seriously.

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.”

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.”

Behavioral Clues

- Any previous suicide attempt
- Acquiring a gun or stockpiling pills
- Putting personal affairs in order
- Giving away prized possessions
- Sudden interest or disinterest in religion
- Co-occurring depression, moodiness, hopelessness
- Drug or alcohol abuse, or relapse after a period of recovery
- Unexplained anger, aggression and irritability

Situational Clues

- Being fired or being expelled from school
- A recent unwanted move
- Loss of any major relationship
- Death of a spouse, child, or best friend, especially if by suicide
- Diagnosis of a serious or terminal illness
- Sudden unexpected loss of freedom/fear of punishment
- Anticipated loss of financial security
- Fear of becoming a burden to others

Tips for Asking the Suicide Question

- If in doubt, don't wait, ask the question
- If the person is reluctant, be persistent
- Talk to the person alone in a private setting
- Allow the person to talk freely
- Give yourself plenty of time
- Have your resources handy; crisis card/info, counselor's name and any other information that might help

Q Question

Less Direct Approach:

- “Have you been so unhappy lately that you’ve been thinking about ending your life?”
- “Do you ever wish you could go to sleep and never wake up?”

Q 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 considering suicide?”
- “Are you thinking about killing yourself?”

NOTE: If comfortable after a response of “yes,” ask if they have a plan

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?”

P Persuade

How to Persuade someone to stay alive

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

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.**

R Refer

- 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 complete or attempt suicide. Any willingness to accept help at some time, even if in the future, is a good outcome.



⇒ 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.

For Effective QPR

- Say: “I want you to live,” or “I’m on your side...we’ll get through this.” “I want to see you tomorrow.” etc.
- From an attempt survivor: “I know you think you will never get through this. I know you think life will never be the same again. I know you think no one has ever experienced this pain and that no one can help you. But I am here to tell you, you *WILL* get through this.”

https://afsp.org/advice-talking-someone-suicidal-thoughtsfrom-someone-whos-suicidalhoughts/?fbclid=IwAR2eG3fQfg5vOaYD78d2M5TGUe3ENQJEpdUV_ZvPTNt0tzDJbvh1BAx-tM8

For Effective QPR

- Practice QPR. Practice with another person who has attended this training using fictional scenarios of a person in a suicidal crisis.
- Get Others Involved. Ask the person who else might help. Family? Friends? Brothers? Sisters? Clergy? Physician?
- 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.

Crisis Resources

- 24/7 consultation with professional staff
- Urgent appointments

What you can do: Provide crisis line information to clients and/or students via flyers, cards, and on student IDs

➤ 800-584-3578

425-258-4357



Suicide Resources

- American Foundation for Suicide Prevention
www.afsp.org
- National Association of School Psychologists
www.nasponline.org
- Suicide Prevention Resource Center
www.sprc.org
- The Trevor Project
www.thetrevorproject.org

Gatekeeper Self Care

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others.





What if Someone Is Posting Suicidal Messages on Social Media?

Knowing how to get help for a friend posting suicidal messages on social media can save a life. Many social media sites have a process to report suicidal content and get help for the person posting the message. In addition, many of the social media sites use their analytic capabilities to identify and help report suicidal posts. Each offers different options on how to respond if you see concerning posts about suicide. For example:

- Facebook Suicide Prevention webpage can be found at www.facebook.com/help/ [use the search term “suicide” or “suicide prevention”].
- Instagram uses automated tools in the app to provide resources, which can also be found online at <https://help.instagram.com> [use the search term, “suicide,” “self-injury,” or “suicide prevention”]
- Snapchat’s Support provides guidance at <https://support.snapchat.com> [use the search term, “suicide” or “suicide prevention”]
- Tumblr Counseling and Prevention Resources webpage can be found at <https://tumblr.zendesk.com> [use the search term “counseling” or “prevention,” then click on “Counseling and prevention resources”].
- Twitter’s Best Practices in Dealing With Self-Harm and Suicide at <https://support.twitter.com> [use the search term “suicide,” “self-harm,” or “suicide prevention”].
- YouTube’s Safety Center webpage can be found at <https://support.google.com/youtube> [use the search term “suicide and self injury”].

If you see messages or live streaming suicidal behavior on social media, call 911 or contact the 24-hour Care Crisis Line at 800-584-3578 or 425-258-4357 or online at www.imhurting.org

*Helping one person might not change
the whole world,*



*but it could change the world for
one person.*

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Information and strategies contained in this presentation are content of the evidence-based QPR training. www.qprinstitute.com

