

QPR for Suicide Prevention

Q- Question the Person about Suicide

Do they have thoughts? Feelings? Plans? Don't be afraid to ask

P- Persuade the Person to get Help

Listen carefully, then say "Let me help." Or, "Come with me to find help."

R- Refer for Help

If you are a child/adolescent, contact an adult or parent (Minister, Tribal Elder, Teacher, Coach, Police Officer, Counselor, etc).