



WHAT IS HOPE SQUAD?

Hope Squad is a peer-to-peer suicide prevention program. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces youth suicide through education, training, and peer intervention.

YOUTH SUICIDE:

Suicide is the second leading cause of death for people ages 10–24. For most people, the thought of wanting to take one's own life is incomprehensible. The factors that lead to a suicide attempt are complex and usually involve multiple internal and external issues. Typically, the person is in extreme emotional pain and sees suicide as the only solution. But when schools, communities, and mental health organizations come together for suicide prevention, they can give young people the support they need to find hope and choose life.

NOMINATIONS:

We will begin the nomination process in September (information to come in your Mentorship classes) and will begin holding after school meetings in October!

QPR: **Question. Persuade. Refer.**

Hope Squad is pleased to partner with QPR Institute, a nationally recognized suicide gatekeeper program. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. Quality education empowers all

people, regardless of their background, to make a positive difference in the life of someone they know.

Hope Squads, advisors, and other school and community stakeholders are certified and trained as QPR gatekeepers. QPR is an integral part of the Hope Squad curriculum. It provides students the simple steps to reach out to struggling peers and refer them to trusted adults.

QPR Institute provides online and in-person training for individuals, organizations, professionals, and veterans. The 90-minute QPR Gatekeeper Training for Suicide Prevention program teaches people how to recognize suicide warning signs, ask about suicide, and persuade people to accept professional help. As a universal intervention for troubled youth and others, QPR has been taught to more than two million people worldwide.

To learn more about QPR, please visit qprinstitute.com.

To receive complimentary QPR training courtesy of [The Speedy Foundation](#):

1. Visit: qprtraining.com/setup
2. Enter this code:
SPEEDYFOUND
3. Complete the information on the Account Activation page and click "Create Training Account."
4. QPR will display (and email you) the newly created Username and Password
5. You can then log-in to begin training at qprtraining.com
6. Learn to save a life.