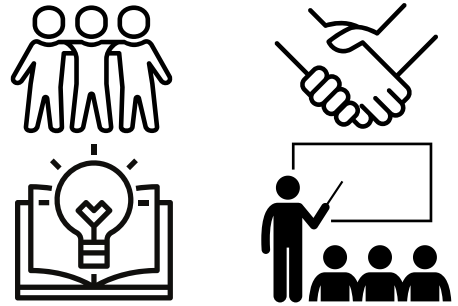




"It takes a village to raise a child, and it takes an entire community to save one."

Basic information

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.



Important Facts

1. Contrary to the myth, talking about suicide does not give a person the idea of suicide. Rather, research shows that having open conversations about suicide makes the person in crisis feel heard and relieved. By refusing to talk about suicide, it sends the message to those who are struggling that it's not okay to talk about what they are experiencing or ask for help.
2. Recent findings from year one of the Ohio Hope Squad Comparison Study reveal the following:
 - Hope Squad schools have less suicide-related stigma than non-Hope Squad schools
 - Stigma among males in Hope Squad schools showed a downward trend as compared to non-Hope Squad schools
 - Hope Squad schools had significantly more referrals from all students compared to non-Hope Squad schools
 - Hope Squads had more referrals of high-risk students, and those students received support that was aligned with their risk status

(Ohio Hope Squad Comparison Study (2020))
3. An analysis of suicide concern data shows that 25%-30% of all students seeing their counselors for suicide-related distress were referred by Hope Squad members, and that 14% of those referred are getting hospitalized. This supports the idea that Hope Squads are referring students in urgent and critical need.

Suicide Concern Reporting among Utah Youths Served by a School-Based Peer-to-Peer Prevention Program (2018)

QPR-

Question, Persuade, Refer

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.

FOR MORE INFO



SCAN THE QR CODE

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Important Resources

If you or a peer is struggling with their mental health, we are here to help!

In School:

- Seek out a Hope Squad student member, Hope Squad Advisor, Guidance Counselor, Administrator or trusted adult
- Submit a Sprigeo

Outside of School (evening and weekends)

- Submit a Sprigeo
- Call or Text 988 - Suicide Hotline

Submit a Sprigeo



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