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QPR

Ask a Question, Save a Life!

What are we talking about today?

- National and COVID Suicide numbers.
- I will explain what QPR is and how to use it.
- During this training, we are going to discuss suicide and some examples on how to talk to someone who is contemplating suicide.
- Please feel free if you need to step away from the training, or talk to someone.

Suicide numbers for the U.S. (2018)

- Suicide is the 4th leading cause of death for individuals age 35-54, and 2nd for individuals 15-34 years old. ^{***}
- Completed suicides: Males = 78%, Females 22%.^{**}
- Total number of reported suicides was 48,344; and 24,432 (50.5%) were from firearms.^{**}
- There were 1.2 million attempts.^{**}
- Females attempt suicide at 3:1 to males.^{**}

* Weir, K. Worrying trends in U.S. Suicide Rates, *Monitor on Psychology*, March 2019, Vol 50, No 3.
** Stats from the American Association of Suicidology <https://suicidology.org/facts-and-statistics/>

Suicide numbers for the U.S. (2018) cont.

- Survivors of suicide (surviving family members) were 290,064 in 2018, bringing the total in the U.S. up to an estimated 5.4 million.**
- White males accounted for 69.67% of all suicide deaths.***
- Middle aged white males have the highest suicide rate in U.S.***
- In 2015 suicide and self-injury cost the U.S. \$69 billion (medical, insurance, job, etc.)***
- 132 suicides a day in the U.S.; about one suicide every 11 minutes.***

** Stats from the American Association of Suicidology <https://suicidology.org/facts-and-statistics/>
*** Stats from American Foundation for Suicide Prevention <https://afsp.org/about-suicide/suicide-statistics/>

Suicide numbers for the U.S. (2020 during the COVID Pandemic)

- In June of this year 10.7% of adult in the U.S. have seriously considered suicide in the previous 30 days.****
– According to a census count of adults in July 2019, 10.7% of adults in the U.S. would be 25,520,037. *****
- Stress and mental health issues rising during the pandemic (e.g. depression, anxiety, PTSD, symptoms of trauma).****
- Physicians are under greater stress during the pandemic as they are on the frontline.****

**** Mental Health, Substance Use, and Suicide/ Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020; August 14, 2020. 68(32); 1049–1057. <https://www.cdc.gov/mmwr/volumes/68/wr/mm6832a1.htm>
***** U.S. Census Population Estimate by Age (18+): July 2019. <https://www.census.gov/data/tables/time-series/demo/popst/2010s-national-detail.html>

Video time



What is QPR?

- Question
- Persuade
- Refer

Question, Persuade, Refer

- QPR is not intended to be a form of counseling or treatment.
- QPR is intended to offer hope through positive action.

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Suicide Myths and Facts

1. No one can stop a suicide, it is inevitable.
 - a) **MYTH** - If people in a crisis get the help they need, they will probably never be suicidal again.
2. Confronting a person about suicide will only make them angry and increase the risk of suicide.
 - a) **MYTH** - Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.
3. Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.
 - a) **FACT** - The myth is that only experts can prevent suicide.

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Suicide Myths and Facts cont.

4. Most suicidal people communicate their intent sometime during the week preceding their attempt.
 - a) **FACT** - The myth is that suicidal people keep their plans to themselves.
5. Those who talk about suicide don't do it.
 - a) **MYTH** - People who talk about suicide may try, or even complete, an act of self-destruction.
6. Once a person decides to complete suicide, there is nothing anyone can do to stop them.
 - a) **MYTH** - Suicide is the most preventable kind of death, and almost any positive action may save a life.

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Watch for Suicide Clues and Warning Signs

The more clues and signs observed, the greater the risk. Take all signs seriously!

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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."

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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."

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Behavioral Clues:

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

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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
- Loss of a cherished therapist, counselor or teacher
- Fear of becoming a burden to others

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What to do and how can you help!

Ask the "question"...

Are you thinking about attempting suicide?

Question

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; QPR Card, phone numbers, counselor's name and any other information that might help

Remember: How you ask the question is less important than asking it.

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Less Direct Approach:

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

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

NOTE: If you cannot ask the question, find someone who can.

Question, Persuade, Refer

How Not to Ask the Suicide Question

“You’re not suicidal, are you?”

Tone of your voice is important!

Persuade

HOW TO PERSUADE SOMEONE TO
STAY ALIVE

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

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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 HELP CAN
REKINDLE HOPE, AND MAKE ALL THE
DIFFERENCE.

Refer

Suicidal people often believe they cannot be helped, so you may have to do more.

1. The best referral involves taking the person directly to someone who can help.
2. The next best referral is getting a commitment from them to accept help, then making the arrangements to get that help.
3. 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.

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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.

Question, Persuade, Refer

For Effective QPR Say:

- "I want you to live," or
- "I'm on your side...we'll get through this."

Get Others Involved. Ask the person who else could/would help. Family? Friends? Brothers? Sisters? Pastors? Priest? Rabbi? Bishop? Physician?

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- Join their "Team." Offer to work with clergy, therapists, psychiatrists or whomever is going to provide the counseling or treatment.
- Follow up with a visit, a phone call or a card (in whatever way feels comfortable to you) let the person know you care about what happens to them. Caring may save a life.

Question, Persuade, Refer

REMEMBER...

WHEN YOU APPLY QPR, YOU PLANT THE SEEDS OF HOPE.

HOPE HELPS PREVENT SUICIDE.

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Questions??

Thank you!

Resources

- Suicide Prevention Hotline: 1-800-273-8255
- National Suicide Prevention Lifeline: 988
– Will replace the Suicide Prevention Hotline in 2022
- PATH Crisis Line: 211
- PATH Community Resources –
[Online Database](#) -> Zip code -> Mental Health and
Substance Abuse Services -> Suicide Counseling
- NAMI of IL: 1-800-784-7433
- Veterans Crisis Line: 1-800-273-8255 (press 1)
- Chestnut Health Systems: 309-827-6026
