

# SUICIDE PREVENTION TRAINING

TCM Counseling: Ask a Question, Save a Life!

[www.tcmcounseling.org](http://www.tcmcounseling.org)

## Question / Persuade / Refer (QPR)

A nationally recognized and evidence based proven technique.



## QPR Facts:

At a QPR Training Session you will learn, discuss and understand the signs of someone who might be living with a serious mental illness. QPR stands for Question, Persuade and Refer, three (3) steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis or struggling with mental illness or challenges.

*Putting the pieces together...*

**Question:** Learn how to recognize if someone is struggling!

**Persuade:** Learn how to respond and help them!

**Refer:** Learn how to refer them to local resources!

*How does it work?*



## Suicide Facts:

### Youth Suicide Statistics in Ottawa County in 2017:

- ◆ 28.9% stopped doing some usual activities during the past 12 months because they felt sad or hopeless almost every day for two (2) weeks or more in a row.
- ◆ 19.4% thought seriously about attempting suicide in the past 12 months.
- ◆ 13.6% made a plan about exactly how to attempt suicide in the past 12 months.
- ◆ 8% attempted suicide 1+ times in the past 12 months.

### General Suicide Statistics:

- ◆ For every successful suicide, 25 more were attempted.
- ◆ Suicide attempts have increased 40% from 2016-17.
- ◆ Suicide is the 2nd. leading cause of death in persons between the ages of 15-34 yrs. old.
- ◆ Suicide is the 10th leading cause of death in the U.S.



### Steps to Schedule your Training:

- ✦ Organize a group of 8-15 individuals who want to learn how to save a life!
- ✦ Call our office at 616.842.9160 to schedule a training time.
- ✦ Done!

Let's Talk...