

QPR Institute and SoundCoaching present:

# QUESTION, PERSUADE, REFER

## SUICIDE PREVENTION TRAINING

### How can you recognize the signs of someone at risk of self-destruction, and act in helpful and hopeful ways?

Talking about suicide is a societal taboo. As a result, people considering suicide are often reluctant to tell anyone how desperate and hopeless they feel for fear of being rejected. Lately, suicidal behaviors have risen due to the pandemic and ensuing economic and social fallout—but is anyone talking?

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is a bit like CPR training. The workshop will give you and your organization tools to be first-line help for those in crisis situations. You'll learn to recognize signs of someone contemplating suicide, and how to respond in helpful and hopeful ways. This nationally recognized approach to suicide prevention creates a larger network of people who can identify and support someone struggling in near silence. QPR is not treatment—it is a citizen emergency response to a mental health crisis.

The live, virtual training takes only 2 hours. Each workshop (up to 35 participants) can usually flex with the demands of your organization's schedule. You also receive resources to help you remain current and informed:

- Digital version of Dr. Paul Quinnett's superb book *Suicide: The Forever Decision*
- QPR booklet and card. Printable and mobile-version—an on-the-spot prevention guide.
- Downloadable QPR role-play live practice package, for practicing responses to suicidal talk
- Interactive practice role-play for QPR via text message
- Interactive practice recognizing suicide warning signs
- Interactive post-training self-assessment
- Personal certificate with name and expiration
- Free access to post-workshop resources to stay current with the things you have learned

### WHAT YOU LEARN IN A QPR WORKSHOP:

- Myths vs. facts about suicide
- Understand suicide is the "most preventable form of death"
- Understand how suicidal people telegraph their intentions
- Recognize "coded," and "direct" verbal clues that someone is considering suicide
- Recognize "behavioral" and "situational" clues that someone is considering suicide
- Understand the risk factors that contribute to suicidal thinking
- Know if it's appropriate to ask a person if they are considering suicide
- Learn different ways to ask the "S" question: "Are you thinking about killing yourself?"
- Learn how NOT to ask the "S" question
- Understand how suicide itself is not the problem, but the perceived remedy to a problem
- Enhance hope by offering a personal belief in a positive outcome
- Persuade the suicidal person to accept help
- Refer a suicidal person to local/national resources—accompanied by referral, names, numbers, and addresses

FOR MORE INFORMATION OR  
TO SCHEDULE A WORKSHOP

## CONTACT

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