

# Cleveland County Youth Suicide Prevention Initiative

Funded by a grant from the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), the Cleveland County Youth Suicide Prevention Initiative at the University of Oklahoma's Southwest Prevention Center is sponsoring a series of trainings for professionals serving youth and young adults.

Question, Persuade, Refer (QPR) is a one- to two-hour gatekeeper training that teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors.

The Southwest Prevention Center will offer two levels of gatekeeper training in the QPR method of suicide prevention and intervention.

- Gatekeeper training is the most basic of all suicide prevention training programs. This training is appropriate for audiences of all ages, and in virtually all settings. Southwest Prevention Center offers Gatekeeper Training several times a year.
- Southwest Prevention Center also provides a limited number of scholarships for QPR Certified Gatekeeper Instructor training.

Southwest Prevention Center offers CEU credits for select trainings.



## Contact Us:

Southwest Prevention Center  
1639 Cross Center Drive  
Room 283  
Norman, OK 73019

Toll free: (800) 853-2572  
Phone: (405) 325-1387  
FAX: (405) 325-7092

# Suicide Prevention Trainings 2012-2013



# QPR

For Suicide  
Prevention

*When you apply QPR,  
you plant the seeds of hope.  
Hope helps prevent suicide.*





# What is QPR?

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

## Training Contacts:

- Sharon Strait  
Training Coordinator  
405-325-5543  
FAX: 405-325-5257
- Carol Surber  
Project Liaison  
405-325-4684

## In one hour, you can become a Gatekeeper

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

As a QPR-trained Gatekeeper you will learn to:

- recognize the warning signs of suicide
- know how to offer hope
- know how to get help and save a life



### Warning Signs

- Feeling trapped, hopeless or deeply depressed
- Feelings of worthlessness
- Change in mood (irritability, poor attention) lasting more than one week
- Chronic anger, aggression, hostility
- Extreme change in behavior
- Loss of interest in previously enjoyed activities
- Giving away favorite possessions
- Drug and/or alcohol abuse
- Change in eating and sleeping habits
- Ending significant relationships

ASK A



SAVE A LIFE

## Suicide:

Myth

**Myth:** No one can stop a suicide, it is inevitable.

**Fact:** If people in a crisis get the help they need, they will probably never be suicidal again.

vs.

Facts

**Myth:** Those who talk about suicide don't do it.

**Fact:** People who talk about suicide may try, or even complete, an act of self-destruction.

**Myth:** Only experts can prevent suicide.

**Fact:** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.

**Myth:** Suicidal people keep their plans to themselves.

**Fact:** Most suicidal people communicate their intent sometime during the week preceding his or her intent.

**Myth:** Once a person decides to complete suicide, there is nothing anyone can do to stop them.

**Fact:** Suicide is the most preventable kind of death, and almost any positive action may save a life.

**Myth:** Confronting a person about suicide will only make them angry and increase the risk of suicide.

**Fact:** Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.