



Community Champions Initiative

Question, persuade and refer. These three steps can help someone contemplating suicide choose life and seek help.

Question, Persuade and Refer or “QPR” is an emergency response training program offered by the Oklahoma Department of Mental Health and Substance Abuse Services for professionals, institutions and the public. The program trains people to recognize suicide warning signs and how to assist the person in finding the appropriate help.

With an unstable economic climate, Suicide rates have sky-rocketed not only across the country, but in Oklahoma communities as well. The Oklahoma Daily and The Tulsa World have both reported on the substantial increase since the recession hit our state.

Suicide is the second leading cause of death among youth under age 24 in Oklahoma. People who suffer from depression or are alcohol-dependent have a much higher risk of death by suicide. Approximately 90 percent of people who die by suicide have a diagnosable mental illness or substance abuse disorder. This research supports the importance of helping at-risk people seek the appropriate treatment as soon as possible.

Suicide risk can be decreased if the people closest to an individual recognize the warning signs, communicate with him or her, and know how to help.

Everyone should learn basic intervention steps so lives can be saved. If you or someone you know needs information concerning suicide, he or she can call the ODMHSAS Suicide hotline at 1-800-522-TALK or the national suicide hotline at 1-800-SUICIDE.

For more information concerning QPR trainings, visit the ODMHSAS suicide webpage at http://www.ok.gov/odmhsas/Prevention_Programs/Initiatives/Youth_Suicide_Prevention_and_Early_Intervention_Initiative/index.html