QPR: Question, Persuade, Refer
Suicide Prevention Gatekeeper Training

Learning Partnership
March 22, 2018
QPR Pre-training Survey

SECTION I: Please provide the following information BEFORE the Gatekeeper Training. The anonymous information you provide will be used to assess the effectiveness of the QPR training.

1. Age (optional) _______

2. Gender (optional - check one): □ Male    □ Female

3. Ethnicity (optional -- check one)
   □ African American
   □ Asian American
   □ Caucasian
   □ Latino / Hispanic
   □ Native American
   □ Other: ______________________

4. Highest grade completed (optional):
   □ Junior High
   □ High School
   □ Trade/vocational school
   □ 2 years of college
   □ 4 years of college
   □ 5+ years of college

5. How would you rate your knowledge of suicide in the following areas?
   a) Facts concerning suicide prevention:
      □ Low        □ Medium        □ High
   b) Warning signs of suicide:
      □ Low        □ Medium        □ High
   c) How to ask someone about suicide:
      □ Low        □ Medium        □ High
   d) Persuading someone to get help:
      □ Low        □ Medium        □ High
   e) How to get help for someone:
      □ Low        □ Medium        □ High
   f) Information about local resources for help with suicide:
      □ Low        □ Medium        □ High
   g) Do you feel that asking someone about suicide is appropriate?
      □ Always      □ Sometimes    □ Never
   h) Do you feel likely to ask someone if they are thinking of suicide?
      □ Always      □ Sometimes    □ Never
   i) Please rate your level of understanding about suicide and suicide prevention.
      □ Low        □ Medium        □ High

① STOP HERE. Please complete the BACK of this form when your instructor tells you to do so.
Today we will discuss:

1. Overview of suicide in the US and Santa Clara County
2. Warning signs of suicidal ideation
3. Indirect and direct ways of asking the suicide question
4. How to persuade someone to seek help
5. Available resources to refer and connect
DISCLAIMER

The subject matter and content of this training may make you feel uncomfortable or upset, and that’s okay.

Trainers will remain after the lesson for anyone who would like to talk or ask additional questions.
Suicide: An Overview
TIMING OF USA SUICIDES

- A person dies by suicide every 12.3 minutes
- 117 suicides a day
- Suicide is the 10th leading cause of death in the US

Age-specific rates of suicide deaths, 2010-2014 (pooled)

Percentage of suicide deaths by gender, 2009-2014

Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014; State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000-2010.
Percentage and age-adjusted rates of suicide deaths by race/ethnicity, 2010-2014 (pooled)

Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014

Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014; State of California, Department of Finance, State and County Population Projection, 2010-2060. Sacramento, California, January 31, 2013
SUICIDE RATE PER 100,000 BY CITY, 2009-2013

Source: Santa Clara County Medical Examiner
HIGH-RISK GROUPS

- Mental illness or substance abuse: 90% of suicides
- Depression and bipolar disorder: highest risk
- Alcohol/drug-related: 40-60% of completed suicides
- Teenagers/youth in transition
- LGBTQ
- Those who have been exposed to trauma
- Males: highest rate of completion
Santa Clara County Suicidal Communications 2009-2013

- Suicide Note: 34.5%
- Ph/Txt/Email/Video: 5.1%
- Verbal Comments: 2.4%
- No Note: 39.6%
- Unknown: 18.9%

Source: Santa Clara County Medical Examiner, 2013
SUICIDAL CRISIS EPISODE

Risk is imminent

Initial hazard encountered

Stable

Crisis begins

Crisis peaks

Crisis diminishes

Stable

Approximately 3 weeks

Years

Days

Hours

Days

Years

Risk level

SUICIDAL CRISIS EPISODE
QPR: Question, Persuade, Refer
DISCUSSION

Have you asked the suicide question?

What is difficult about asking someone about suicide?

Why do you think suicide is hard to talk about?
QPR: QUESTION, PERSUADE, REFER

• QPR is **not** intended to be a form of counseling or treatment.
• QPR **is** intended to offer hope through positive action.
No one can stop a suicide—it is inevitable.
Most suicidal people keep their plans to themselves.
Confronting people about suicide will increase their risk of suicide.
Suicide Clues and Warning Signs
GROUP ACTIVITY: SUICIDE CLUES AND WARNING SIGNS

• In small groups, brainstorm:
  ✓ Verbal clues – direct and indirect
  ✓ Physical clues
  ✓ Behavioral clues
  ✓ Situational clues
  ✓ Clues on social media
The more clues and signs observed, the greater the risk. Take all signs seriously.
The “Q” in QPR: Question
HOW TO ASK THE SUICIDE QUESTION: LESS DIRECT APPROACH

• “Have you been unhappy lately?”
• “Have you been very unhappy lately?”
• “Have you been so unhappy lately that you’ve been thinking about ending your life?”

• “Do you ever wish you could go to sleep and never wake up?”
HOW TO ASK THE SUICIDE 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?”

• “Are you thinking about killing yourself?”

Note: If you cannot ask the question, find someone who can.
WAYS NOT TO ASK THE QUESTION

“You’re not thinking about suicide, are you?”

or

“You’re just kidding about killing yourself, right?”
TIPS FOR ASKING THE SUICIDE QUESTION

• Be persistent
• Talk to the person alone in a private setting
• Allow the person to talk freely
• Give yourself plenty of time
• If in doubt, don’t wait: Ask the question
• Have resources handy: Crisis Text Line Number

• Remember: How you ask the question is less important than that you ask it
The “P” in QPR: Persuade
HOW TO PERSUADE SOMEONE TO STAY ALIVE

DOs
• Listen to the problem and give your full attention
• Offer hope in any form

DON’Ts
• Rush to judgment
• Over- or under-react

Suicide is not the problem.
Suicide is the solution to perceived insoluble problems.
PERSUADE

- “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.
The “R” in QPR: Refer
Which of the options below is the best way to refer a person to help?

A • Provide referral and support information

B • Taking the person directly to a mental health professional

C • Getting a verbal agreement to seek professional help

**Always:** Make sure the person is safe. In the event of an emergency, call 911
# RESOURCES

<table>
<thead>
<tr>
<th>Name</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Santa Clara County Suicide and Crisis Hotline</td>
<td>1-855-278-4204</td>
</tr>
<tr>
<td>Crisis Text Line Number</td>
<td>741741</td>
</tr>
<tr>
<td>Mental Health Urgent Care Walk-In Clinic: 871 Enborg Court, San Jose</td>
<td>(408) 885-7855</td>
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<tr>
<td></td>
<td>Open everyday 8am-10pm</td>
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<tr>
<td>Uplift Mobile Crisis Unit</td>
<td>(408) 379-9085</td>
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<tr>
<td>Call Center (for referral)</td>
<td>1-800-704-0900</td>
</tr>
<tr>
<td>911 – ask for a CIT officer</td>
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</table>
HOW TO REPORT A POST

1. Share to Facebook
   - Copy Link
   - Turn On PostNotifications
   - Report
   - Cancel

2. It's Spam
   - It's inappropriate
   - Cancel
Choose a reason for reporting this post:

**Self injury**
Eating disorders, cutting or promoting suicide

**Harassment or bullying**

**Sale or promotion of drugs**

**Sale or promotion of firearms**

**Nudity or pornography**

**Violence or harm**
Graphic injury, unlawful activity, dangerous or criminal organizations

**Hate speech or symbols**
Racist, homophobic or sexist slurs

**Intellectual property violation**
Copyright or trademark infringement

**I just don't like it**
Summary
FOR EFFECTIVE QPR

• **Say:** “I want you to live,” or “I’m on your side and we’ll get through this.”

• Get others involved

• **Communicate** with the support system

• Follow up
THE ROLE OF A GATEKEEPER IN PREVENTING SUICIDE

• **Is** to:
  - Establish rapport
  - Observe behavior
  - Recognize signs
  - Refer to help
  - Follow-up

• **Is not:**
  - Being a therapist
  - Over/under-reacting
  - Rescuing
  - Fixing the problem
<table>
<thead>
<tr>
<th>Basic</th>
<th>QPR: Question, Persuade, Refer</th>
<th>safeTALK</th>
<th>Mental Health First Aid (+ youth version)</th>
<th>ASIST</th>
<th>Advanced</th>
<th>Suicide to Hope</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Recognize the warning signs of a suicide crisis. Learn how to question, persuade, and refer someone to help. <strong>Audience:</strong> General-adult</td>
<td>Learn to move beyond the common tendency to miss, dismiss, and avoid suicide. Apply the TALK steps: Tell, Ask, Listen, and KeepSafe. <strong>Audience:</strong> General-adult</td>
<td>Understand risk factors and warning signs for common mental health challenges and 5-step mental health action plan to help both youth and adults in crisis. <strong>Audience:</strong> General-adult</td>
<td>Learn to provide suicide first aid to a person at risk. Identify key elements of a suicide safety plan and the actions required to implement it. <strong>Audience:</strong> mental health professionals, caregivers</td>
<td>Understand a framework for finding and exploring recovery and growth opportunities for clients with suicide experiences. Apply a Pathway to Hope (PaTH) model for setting recovery goals. <strong>Audience:</strong> mental health professionals</td>
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<td></td>
<td><strong>Format:</strong> In-class, online</td>
<td><strong>Format:</strong> In-class</td>
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<td></td>
<td><strong>Duration:</strong> 1-2 hrs</td>
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<td><strong>Duration:</strong> 8 hrs</td>
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<td><strong>Duration:</strong> 2 days</td>
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To arrange a training and for information about youth trainings, please contact zinat.mohamed@hhs.sccgov.org, (408) 885-6421

All trainings are free and funded by the voter-approved Mental Health Services Act (Prop. 63).
**PLEASE COMPLETE THE POST-SURVEY**

[QPR](http://bit.ly/2DUfmCV)

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www.sccbhsd.org/suicideprevention