

TIC TALK

Creating a TIC Toolkit consisting of coping skills, psychoeducation and guided exercises.



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Question Persuade Refer (QPR) and Suicide Prevention

LVF hosted the Suicide Prevention Conference this month (see link below). QPR is an approach that can target and prevent suicide and is being highlighted in this month's issue of TIC Talk.

Question, Persuade Refer (the questions below are an introduction to the approach. For the full training and/or additional information on how it's used, please use this link [QPR Registration](#))

1. **Question:** If you believe someone is considering suicide, ask them directly "Are you thinking about suicide or wanting to kill yourself?". Remember: if you ask the question, you may save a life.
2. **Persuade:** Persuade the person to allow you to assist them in getting help right now. Say "Will you go with me to get help?" or "Will you let me assist you in getting help?"
3. **Refer:** Refer the person to an appropriate resource for assistance. It's ideal to personally escort them to see a health care professional. Next best step would be to assist in making arrangements for help and getting their agreement to follow through on this plan.

To view the slideshows and conference material from the Suicide Prevention Conference, please click the link below:

[Annual Suicide Prevention Conference | Lenape Valley Foundation \(lenapevf.org\)](https://lenapevf.org/annual-suicide-prevention-conference)