

NCDPS QPR Program Summary

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 save the life of a friend, colleague, sibling, or neighbor.

Because of the nature of suicidal warning signs, and who is most likely to recognize and respond to them, the QPR Institute strongly concurs with the goal of one in four persons trained a basic gatekeeper role for suicide prevention in the United States. Because suicides happen in families – where emergency interventions are more likely to take place - we believe that **AT LEAST ONE PERSON PER FAMILY UNIT** should be trained in QPR.

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:

1. How to get help for yourself or learn more about preventing suicide
2. The common causes of suicidal behavior
3. The warning signs of suicide
4. How to Question, Persuade and Refer someone who may be suicidal
5. How to get help for someone in crisis

WHAT ABOUT MY LIABILITY?

If you become trained in QPR you should have no liability for attempting to intervene in a suicide crisis. In fact, many professionals already have a duty to respond, and may not know how. As regards intervening in medical emergencies, and according to the Good Samaritan Act of 1985, a layperson or professional who does not have a legal duty to respond to a stranger's emergency, and who is acting in "good faith" and is not being compensated, and who is not guilty of Gross Negligence (deliberately careless conduct), is immune from liability. There are no recorded cases against a Good Samaritan since 1985 (ProCPR, 2003).

QPR SUMMARY

QPR is a simple educational program that teaches employees how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.”¹

¹ QPR Institute (2011). Retrieved from <http://www.qprinstitute.com/about.html>

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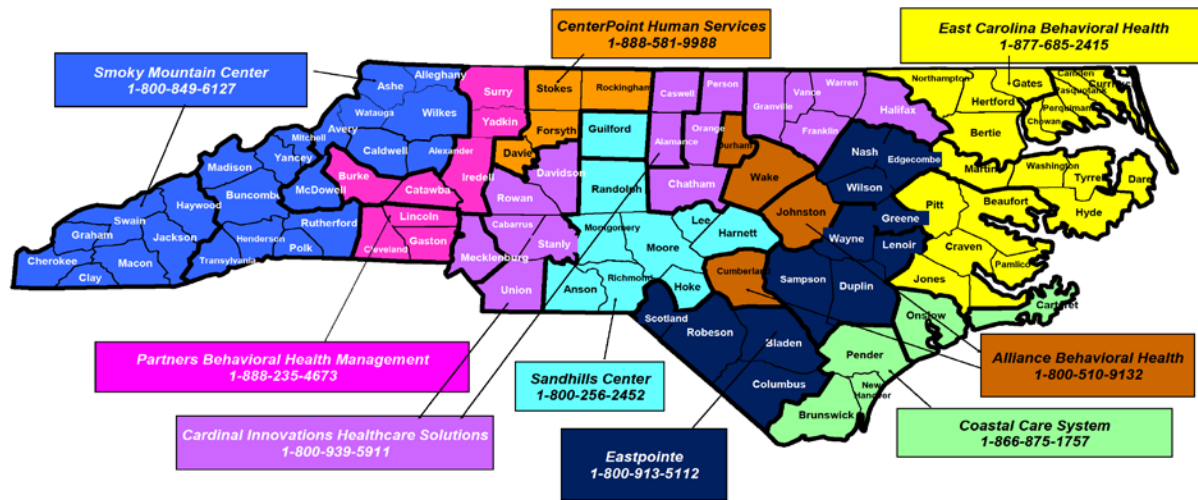
A. NORTH CAROLINA CRISIS RESOURCES

1. **NC Employee Assistance Program:**

Call (888) 298 - 3907 or (704) 717 - 5295 to access the NC EAP. An employee assistance professional will assess your situation prior to scheduling an appointment to ensure that you are receiving the most appropriate care.

2. **NC Behavioral Health Access Numbers (See Information Below):**

North Carolina Behavioral Health Access Numbers



B. NATIONAL CRISIS RESOURCES

1. **Suicide Prevention Lifeline:**

(800) 273 - TALK or www.suicidepreventionlifeline.org.

2. **Safe Call Now & Serve & Protect:**

Both organizations serve all U.S. first responders and public safety employees, including corrections staff and their families. They do so by providing crisis intervention, referrals, and spiritual resources.

- Safe Call Now crisis line number is (206) 459 - 3020.
- Serve & Protect serves Criminal Justice and Emergency Services professionals and their families through the provision of a 24/7/365 Crisis Hotline, Chaplain Alliance, and Alliance of Mental Health Professionals. The crisis line number is (615) 373 - 8000.

The Serve and Protect crises line has two options:

- Option 1 connects you with a crisis counselor by accessing **Safe Call Now**.
- Option 2 connects you with a chaplain.