

QPR for Suicide Prevention

Q Question the Person About Suicide. Do they have thoughts? Feelings? Plans? Don't be afraid to ask.

P Persuade the Person to Get Help. Listen carefully. Then say, "Let me help." Or, "Come with me to find help."

R Refer for Help. If a child or an adolescent, contact any adult, any parents; or call your minister, rabbi, tribal elder, a teacher, coach or counselor; or call the resource numbers on the back of this card.

Warning Signs of Suicide

- Suicide threats
- Previous attempts
- Alcohol & drug abuse
- Statements revealing a desire to die
- Sudden changes in behavior
- Prolonged depression
- Making final arrangements
- Giving away prized possessions
- Purchasing a gun or stockpiling pills

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To Save a Life...

- Realize some might be suicidal.
- Reach out. Asking the suicide question DOES NOT increase risk.
- Listen. Talking things our can save a life.
- Don't try to do everything yourself. Get others involved.
- Don't promise secrecy and don't worry about being disloyal.
- Is persuasion fails, call your mental health center, local hotline, or emergency services.

Crisis Resources

**Call the Cardinal Innovations Healthcare Solutions,
24-hour toll free Access/Crisis Call Line: (888) 543-1444**

Advanced Access (Crisis Unit): (336) 513-4200

Monday – Friday, 8 a.m. to 8 p.m.
2732 Anne Elizabeth Drive
Burlington, NC 27215

24-Hour Mobile Crisis Services: (888) 543-1444

A mental health professional will respond on the phone as well as on-site, when appropriate, to assess the person in crisis.

National Suicide Prevention Lifeline: (800) 273-TALK

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