

QPR (Question, Persuade, Refer)

QPR is an emergency response to help prevent suicide. Below are excerpts from the 11/20/19 presentation by the National Alliance on Mental Illness (NAMI) hosted by Augustana.

Question the person about suicide. do they have thoughts? Feelings? Plans? Don't be afraid to ask and don't wait. If you can't ask, find someone who can!

Persuade the person to get help. Listen carefully. Then say, "Let me help." Or, "Come with me to find help."

Refer for help. If a child or adolescent, contact an adult. Those who can help include a parent, minister, rabbi, tribal elder, a teacher, coach, or counselor. Community resources are listed below and include crisis hotline. If you need to call 911, tell the dispatcher that this is a mental health emergency so that a specially trained officer can be sent.

****CRISIS (**274747)** from any mobile phone will connect you to your county's crisis team.

Crisis Text Line 24/7 - Text MN to 741741

National Suicide Prevention Lifeline 24/7 1 800 273-TALK (8255)

For more information, visit:

<https://namimn.org/education-public-awareness/classes/suicide-prevention-classes/>

<https://qprinstitute.com/>