

Question, Persuade, Refer (QPR)

Ask The Question

- ◆ "I have the feeling you are thinking about suicide but are having trouble bringing it up."
- ◆ "Are you thinking about suicide?"
- ◆ "Sometimes people in certain situations feel suicidal. Have you been thinking about killing yourself?"

Listen

- ◆ Listen and look for warning signs / risk factors.
- ◆ Ask what is causing the distress.

Ask About Reasons for Living & Plans for Suicide

- ◆ Find out what is important to the person and why they may choose to live.
- ◆ "Do you have a plan to kill yourself?"
- ◆ Ask how, where, when, and if they have the means in place. (Do you have a gun/ pills/ rope or other means?)

Take Action

- ◆ Remove means like guns and pills.
- ◆ Offer your support in obtaining help from a professional.
- ◆ Don't leave the person alone once you have determined he or she is at risk.
- ◆ Remind the person that seeking help isn't a sign of weakness and that chances for recovery are excellent.

Refer

Refer for help.

Call 1-800-273-TALK (8255) for the National Suicide Prevent Lifeline.

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Nebraska
Minority Resource Center

FOR MORE INFO CONTACT:

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RESOURCE CENTER**

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**NEBRASKA MINORITY
RESOURCE CENTER**

NMRC: A 501c3 Charitable Non-Profit Organization

**Čhaŋte Wówaš'ake
Strong Hearts
Suicide Prevention Program**



About the project..



The Chunte Washake Strong Hearts-Native Connections Project will serve Native youth 13 to 24 in 4 Nebraska Panhandle Counties by building a collaborative network of public health, education, and treatment providers.

NMRC will initiate a team-based outreach by using Native Mentors to connect to youth to at risk, and implementing culturally responsive practices in key institutions. Youth served will be at risk for suicidal behavior, substance abuse and overdose, and emotional distress related to isolation, lack of connection with Tribal heritage, historical trauma, poverty, and lack of access to supportive services.

If you know of anyone who is in need please go to our website and sign up for our online Zoom training sessions, featuring Dr. Roberto Danise, a renowned Psychologist, motivational speaker and author, who will be conducting 4 part annual training sessions on “Cultural Wisdom” A Native healing paradigm.

JOIN US @

www.nmrc-inc.org/stronghearts

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FACTS ABOUT YOUTH SUICIDE

SUICIDE IS THE SECOND LEADING CAUSE OF DEATH AMONG COLLEGE STUDENTS AND THE THIRD LEADING CAUSE OF DEATH AMONG ALL YOUTH AGED 15-24 YEARS. IN THE US, ONLY ACCIDENTS AND HOMICIDES CLAIM MORE YOUNG LIVES.

YOUTH SUICIDE RATES VARY WIDELY AMONG DIFFERENT RACIAL AND ETHNIC GROUPS.

NEARLY 4,000 PEOPLE AGED 15-24 DIE BY SUICIDE EACH YEAR IN THE US, AND MALES DIE BY SUICIDE ALMOST SIX TIMES MORE FREQUENTLY THAN FEMALES.

- 20 PERCENT OF AMERICAN HIGH SCHOOL STUDENTS REPORT HAVING SERIOUSLY CONSIDERED SUICIDE DURING THE PREVIOUS 12 MONTHS.
- 8 PERCENT OF HIGH SCHOOL STUDENTS MAKE A SUICIDE ATTEMPT.
- 70 PERCENT OF YOUTH WHO MAKE A SUICIDE ATTEMPT ARE FREQUENT ALCOHOL AND/OR OTHER DRUG ABUSERS.
- OVER 90 PERCENT OF YOUTH WHO DIE BY SUICIDE HAD AT LEAST ONE PSYCHIATRIC ILLNESS AT THE TIME OF DEATH. IN ABOUT HALF OF SUCH CASES, THE PSYCHIATRIC ILLNESS WAS PRESENT, ALTHOUGH OFTEN UNRECOGNIZED, FOR TWO YEARS OR MORE.

THE MOST COMMON DIAGNOSES AMONG YOUTH ARE DEPRESSION, SUBSTANCE ABUSE, AND CONDUCT DISORDERS.

HOW WE HELP

As one of the only American Indian organizations in the Northwest Nebraska Panhandle, NMRC is in a unique position to help. NMRC can provide training on a Native healing paradigm, based on enhancing community and traditional values, and on culturally appropriate interventions with Native youth experiencing significant crises.



Nebraska Resources

Nebraska Youth Suicide Prevention Project
Youthsuicideprevention.nebraska.edu

Nebraska State Suicide Prevention Coalition
Suicideprevention.nebraska.edu

Nebraska Minority Resource Center
www.nmrc-inc.org/stronghearts

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