

# Suicide Prevention

Information adapted form the QPR Institute

# We can all save lives

“The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know”. QPR Institute

# What does QPR mean?

Question

Persuade

Refer

3 simple steps to help someone in crisis and possibly save a life.

# According to the American Foundation for Suicide Prevention

**11th**

## leading cause of death in Connecticut

**2nd leading**

cause of death for ages 10-34

**4th leading**

cause of death for ages 35-54

**7th leading**

cause of death for ages 55-64

**17th leading**

cause of death for ages 65+

# What can you do to help?

- ▶ Please watch the following video. The QPR training starts at minute 51. Afterwards please answer the questions at [SURVEY](#)
- ▶ <https://www.youtube.com/watch?v=5C5-F-Sz5pk>