



# You Answer the Call When Others Need Help... Make the Call When You Need Help.

## **SIGNS YOU OR A BUDDY NEED HELP:**

- Changes in Sleep
- Drinking More
- Reckless Behavior
- Getting Affairs in Order
- Making a Plan to Kill/Hurt Yourself
- Increased Anger or Anxiety
- Withdrawing
- Hopelessness
- Sudden Mood Changes
- Loss of Interest in Activities
- Isolation
- No Sense of Purpose

## **SUICIDE IS PREVENTABLE:**

**Q = Question.** Don't be afraid to ask someone if they need help or if they are feeling suicidal.

**P = Persuade.** Persuade the individual to get help. Seeking help is a sign of strength, not of weakness.

**R = Refer.** Refer the person to resources. It's okay to give someone who needs help the Suicide Prevention Lifeline number, the number to a therapist or connect them to a member of the clergy.

*The key is to help that individual actually connect with a resource to help them.*

You can learn more about QPR training [here](#). Other training on suicide prevention includes Mental Health First Aid, Living Works Suicide Prevention training, and others. The best source of information on suicide prevention information and training can be found through the [Suicide Prevention Resource Center](#).

## **Suicide Prevention Lifeline**

*1-800-272-TALK (8255)*

