

Warning Signs of Suicide

- Threatening to hurt oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means.
- Feeling hopeless, helpless or burdensomeness.
- Increasing alcohol or drug use.
- Feeling rage or uncontrolled anger or seeking revenge.
- Withdrawing from friends, family or society.
- Feeling trapped – like there is no way out.
- Experiencing dramatic mood changes.
- Feeling anxious, agitated, unable to sleep or sleeping too much.
- Seeing no reason for living or having no sense of purpose in life.

~ National Suicide Prevention Lifeline



RESOURCES

Georgia Crisis and Access Line (GCAL) www.mygal.com

Help is available 24/7 for problems with mental health, drugs, or alcohol.

QPR Institute

www.qprinstitute.net

QPR is a simple educational program that teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need.

Suicide Prevention Action Network, Georgia (SPAN-GA)

www.span-ga.org

SPAN-GA is a 501(c)3 non-profit organization dedicated to preventing suicide through public education, awareness, community action, and local grassroots advocacy. SPAN-GA's mission is to raise awareness; build political will and call for action; organize community efforts; support and engage survivors, and break stigma.

Question. Persuade. Refer.

Three steps anyone can learn to help prevent suicide.

Suicide Prevention Training

**Ask a question.
Save a life.**



SPAN-GA

P. O. Box 2096

Woodstock, GA 30188

www.span-ga.org

To schedule QPR Training today for your group, contact us at:

770-354-7616

spangeorgia@aol.com

Did you Know...

- Over 41,000 people die by suicide each year in the United States.
- More than 1200 of those are Georgians.
- Between 15- 20% of all people have seriously considered suicide at some point in their lives.
- Suicide is the second leading cause of death for our youth 15 - 24.
- Suicide is the most PREVENTABLE cause of death!
- Suicide Prevention is Everyone's Business!

What will your group learn?



- Q** Question a person about suicide
- P** Persuade the person to get help
- R** Refer the person to the appropriate resources

Why does your group need QPR Training?

QPR stands for Question, Persuade and Refer – 3 simple steps that anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Each year thousands of Americans, like you, are saying "YES" to saving the life of a friend, colleague, family member, or neighbor. QPR can be learned in as little as an hour.

HOPE BEGINS WITH YOU!

- QPR is not intended to be a form of counseling or treatment!
- QPR is intended to offer hope through positive action!
- QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.

Training is free. We can come to a location that is convenient for your meeting, and we can customize the training to be as short as 1 hour up to 3 hours depending on the needs of your organization, agency or group.

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