

Each year an estimated 775,000 family members are impacted by the suicide attempt or death of a loved one. Countless others are concerned about friends. Young adults aged 18-24 have the highest incidence of reported suicide ideation. One fourth of all persons aged 18-24 years in the U.S. are either full- or part-time college students.

According to the Centers for Disease Control and Prevention, suicide is the second leading cause of death for Kentuckians 15-34 years old. From the National Institute of Mental Health, "suicide is the second leading cause of death among college students in the U.S."

You can make a difference and possibly save a life.

What is QPR?

QPR stands for **Question, Persuade, and Refer** (www.qprinstitute.com) -- 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 get a person at risk the help they need. According to the National Mental Health Association, suicide is the second leading cause of death among college-age students, with an estimated 1,088 occurring on campuses each year. With QPR training you can learn how to save the life of a student, friend, colleague, family member, or neighbor.

In as little as 1.5 hours you can learn to recognize the warning signs of suicide and how to apply three simple steps that may save a life. Presented by a certified QPR instructor, each QPR training includes information on:

- **the problem** of suicide nationally and in Kentucky
- **common myths and facts** associated with suicide
- **warning signs** of suicide
- **tips for asking** the suicide question
- **methods for persuading** suicidal individuals to get help
- **ways of referring** at risk people to local resources
- AND time for **Questions and Answers**

Each attendee will receive a QPR booklet and card with information on suicide prevention, as well as resource information for treatment providers and support groups within their community.