

# DO YOU KNOW WHAT TO DO?

**Each suicide intimately affects at least six people.**

*If you haven't already, chances are that you could be personally affected by suicide. Many times, someone contemplating suicide gives early indications that should be heard and taken seriously.*

Would you know what to do if someone you knew expressed a threat of suicide?

Every minute, someone in the U.S. attempts suicide. Every 16 minutes, someone dies by suicide.

## QPR

**Question:** Ask the person if they are having thoughts about suicide. Open up a dialogue that may lead you to ...

**Persuade:** Encourage and support the person to seek professional help so you can ...

**Refer:** Get them to local resources or call the EAP or 1-800-273-TALK for prevention and evaluation.

### DO

- Let them know you care
- Take them seriously
- Help get to resources
- Say you will follow up
- Take action
- Be direct
- Be persistent

### DON'T

- Judge
- Give ultimatums
- Be sworn to secrecy
- Lecture
- Act shocked
- Give advice
- Abruptly leave

The EAP is available now to you, your family members, and friends. Call them today to learn more about how they can help. **If someone expresses desperate thoughts or threats of suicide, call 911.**