

# Recognizing when someone is **struggling** and being there to **listen** can save a life

**Help make your school a suicide safer campus! Spread the word about suicide prevention training and resources for NYS colleges & universities.**

Empower your friends, colleagues, and coworkers to make a difference! Let them know about a free one-hour training called Questions, Persuade, Refer (QPR). QPR is the most widely taught suicide prevention training. It instructs participants to recognize signs of emotional distress or that someone is struggling with thoughts of suicide and how to help.

**Using QPR skills can save lives.**

**Suicide is the 2nd leading cause of death for people aged 10-34.**

## **Who should take this training?**

Everyone and anyone involved with institutions of higher education!

## **In 60 minutes, you will learn:**

- Warning signs of suicide
- How to ask someone if they are thinking about suicide
- How to listen and refer someone for help
- About available resources and professional help connections for referrals

## **How to Access the QPR Training:**

- 1.** Visit: [www.qprtraining.com/setup.php](http://www.qprtraining.com/setup.php)
- 2.** Use the organizational code: SUNY



**Always Remember,  
Support is just a text away**

Text "**Got5U**" to **741-741**  
Free | 24/7 | Confidential Text Line



**Office of  
Mental Health**