



# QPR

## Question · Persuade · Refer

The QPR approach to suicide prevention has three steps.

### Question

If you believe someone is considering suicide, ask them directly, “Are you thinking about suicide or wanting to kill yourself?” Do not ask in a roundabout way, for example, “Do you want to hurt yourself?” Self-harm can be non-lethal and it’s not the same as wanting to die. It takes courage to ask someone if they are considering suicide, but know that asking someone if they want to kill themselves does **NOT** drive them toward that action. That’s a myth and not accurate. Don’t be afraid to ask the question.

### Persuade

Persuade the suicidal person to allow you to assist them in getting help right away. Say “Will you go with me to get help?” or “Will you let me assist you in getting help?” Another option can be to enlist their promise not to kill themselves until you’ve arranged help for them. If persuasion doesn’t work, call a crisis hotline: National Suicide Prevention Lifeline: 800-273-TALK (8255), emergency services: 911 or the USPS EAP: 800-EAP-4YOU (800-327-4968), TTY: 877-492-7341 for immediate assistance.

### Refer

Refer the person to an appropriate resource for assistance. Ideally, you would personally escort them to see a health care professional. Next best would be to assist in making arrangements for help and getting their agreement to follow through on this plan. Less preferable is to provide referral resources and have them seek one of the options on their own.

If you or someone you know has thoughts of suicide get help right away. Call your EAP. We are here for you. There are a variety of ways to connect with us including: by telephone, online, through a video call, by live chat or text message.

800-EAP-4YOU (800-327-4968) | TTY:877-492-7341 | [EAP4YOU.com](http://EAP4YOU.com)



USPS  
Employee  
Assistance  
Program

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