

SUICIDE AWARENESS & PREVENTION

QPR

Question · Persuade · Refer

The QPR method is a simple approach to recognize warning signs and guide someone to the help they need.

Question

If you believe someone may be thinking about suicide, **ask them directly**:

“Are you thinking about suicide?” or “Do you want to kill yourself?”

Avoid vague or indirect questions like, “Are you thinking of hurting yourself?” Self-harm and suicidal thoughts are not the same—and clarity matters. It may feel uncomfortable to ask such a direct question, but research shows that doing so opens the door to honesty and help. Asking shows that you care and are willing to listen.

Persuade

Encourage the person to seek help right away. Use clear, supportive language like:

“Will you let me help you get support?” or “Can I go with you to talk to someone?”

If they are hesitant, ask them to agree to a safety plan—such as promising not to act on their thoughts until they’ve received help. If you believe someone is at immediate risk and they refuse help, do not leave them alone. Call for emergency support:

National Suicide & Crisis Lifeline: 988 or 800-273-TALK (8255) or Emergency Services: 911

USPS Employee Assistance Program (EAP): 800-327-4968 (800-EAP-4YOU) | TTY: 877-492-7341

Refer

Guide the person to professional help. The best option is to personally accompany them to a mental health provider. If that’s not possible, help them make an appointment and confirm a plan to follow through. At a minimum, provide them with contact information for support resources.

If you or someone you know is experiencing suicidal thoughts, don’t wait—help is available. Call the EAP.