



Suicide Prevention

As devastating as suicide is, in many cases, it is preventable if we know the signs and know how to help the person struggling with thoughts of suicide. This page will provide resources both on Suicide prevention and working through loss by Suicide.

Suicide Prevention:

One very valuable, free training, available both online and in person, is QPR (Question, Persuade, Refer) training. It teaches you to recognize signs of suicide ideation, how to approach the person, communicate effectively with them, how to ask the right questions, and how to accompany them and get the help they need to prevent suicide from becoming a reality in the person's life. **One hour of your time could save a life, maybe even that of a loved one.** The most important thing for you to know is the warning signs and red flags of someone suicidal.

Know these red flag warning signs:

Verbal signs

Talking about wanting to die or kill oneself:

“I’m going to end it all.”

“Who cares if I am dead anyway.”

Talking about feeling trapped or in unbearable pain:

“I can’t take it anymore.”

“I just want out.”

Talking about being a burden to others:

Everyone will be better off if I’m gone.”

Behavioral Signs

Looking for ways to kill themselves such as searching online or buying a gun.

Visiting or call to say “goodbye.”

Rewriting a will or putting affairs in order.

Giving things away such as prized possessions.

Showing rage or talking about seeking revenge.

Taking risks that are out of character for them.

Increasing the intake of alcohol or drugs or relapse after a period of sobriety.



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Additional Signs

- Acting anxious or agitated; behaving recklessly
- Suddenly happier, calmer. (They've made a plan)
- Sleeping too little or too much.
- Loss of interest in things one cares about.
- Withdrawn or feeling isolated.
- Displaying extreme mood swings.

Catalysts – Life changing events that are often the trigger

- Being fired or expelled from school
- Being bullied one too many times
- Financial loss or setback
- Loss of a relationship
- Diagnosis of a terminal illness
- Death of a spouse, child, or best friend – especially by suicide

More on Warning Signs of potential suicide

<https://jedfoundation.org/resource/what-are-the-warning-signs-of-suicide/>

Download Suicide Warning Signs Fact Sheet

<https://sprc.org/resources/warning-signs-of-suicide-a-fact-sheet-for-family-and-community-members/>

The above are the most common warning signs. Some obvious and some not so more subtle and less obvious especially if they develop over time. Not caring and giving their valued possessions away is a big red flag. Not all who think or talk about suicide follow through, but don't cast aside any talk of suicide. The difference between those who follow through and who don't is someone that listens and cares and companions to get help. However, if someone who is thinking or talking about suicide has a plan of how they will accomplish it, and have the means to follow through, this is a huge red flag. **Call 988 or go to the nearest emergency room.** Tell them the details and they will send out a team for a psych evaluation which

is the first step to getting help. The norm is to send out a **PERT** (Psychiatric Emergency Response Team) team consisting of a Clinician and a Law Enforcement officer. You can request a **MCRT**



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(Mobile Response Crisis Team) which usually includes behavioral health professionals and a paramedic.

Short 3 minute QPR Intro Video

<https://www.youtube.com/watch?v=qpTn-sGSRs>

Overview of QPR

<https://qprinstitute.com/about-qpr>

Question - Learn how to directly and comfortably ask someone if they are thinking about suicide.

If you sense a person is not themselves, say something like
“You don’t seem to be yourself. What’s going on.” Asking if
they are okay will only give a response of I’m fine.

Regardless of the response, don’t be afraid to ask the question!

“Are you thinking about harming yourself or taking your life?”

Persuade - Listen without judgment, offer hope, and encourage the person to seek and accept professional help.

Listen actively. Give the person your undivided attention. Do not rush, interrupt, or judge their thoughts, even if you find the topic uncomfortable.

Offer hope. Remind the person that suicide is a permanent solution to what is often a temporary problem. Help them see that there are alternatives and that support is available.

Ask for time. Say something like, *“Will you promise me you won’t do anything to harm yourself until we get some help?”* or *“Will you let me help you find someone to talk to?”*

Offer to accompany them. It can be highly persuasive to offer to go with them to a counselor, a mental health clinic, or a crisis center.

Create a safety plan – The short QPR training will go over this.

Refer - Connect the individual with local support resources, mental health professionals, or crisis hotlines.



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This is very basic. QPR training is usually an hour and goes over everything in detail and gives you the opportunity to practice so you can feel comfortable and confident in asking the question that could save a life.

Free QPR Training Online

1N5

<https://1n5.org/qpr-gatekeeper-suicide-prevention-program-virtual/>

San Diego County

<https://www.sdchip.org/initiatives/suicide-prevention-council/trainings/>

Free One Step Ahead Suicide Prevention Training – an alternative training

<https://www.save.org/programs/education-and-training/one-step-ahead/>

Additional resources

Suicide Awareness Voices of Education (SAVE)

<https://www.save.org/wp-content/uploads/2025/11/Education-packet-2025-2.pdf>

SAVE Pocket Card

<https://www.save.org/wp-content/uploads/2025/04/SAVE-resource-card.pdf>

SAVE Youth Suicide prevention

<https://www.save.org/wp-content/uploads/2025/10/Youth-Suicide-Prevention-One-Pager-2.pdf>

Suicidal Thoughts and Suicidal Prevention

<https://www.mind.org.uk/information-support/suicidal-thoughts-and-suicide-prevention/>

Tips for Coping with Suicidal Thoughts

<https://www.mind.org.uk/information-support/suicidal-thoughts-and-suicide-prevention/coping-and-self-care/>

Supporting Someone after a Suicide Attempt

<https://www.mind.org.uk/information-support/suicidal-thoughts-and-suicide-prevention/supporting-someone-after-a-suicide-attempt/>



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How to Develop a Suicide Safety Plan

<https://headsupguys.org/suicide-in-men/suicide-safety-plan/>

How to Talk about Suicide

<https://headsupguys.org/stigma-surrounding-suicide-words-matter/>

Suicide Myths and Prevention

<https://www.helpguide.org/mental-health/suicide-self-harm/suicide-prevention-tips>

Wellness strategies

<https://1n5.org/self-care/>

Help for Survivors of a Loss by Suicide:

Any loss is difficult but a loss by suicide is particularly difficult and getting help to process and work through this type of grief can be very beneficial.

Some good sources for help are:

Survivors of Suicide Loss, <https://www.soslsd.org/>

Alliance of Hope, <https://allianceofhope.org/>

988 Lifeline is a good source to learn how to accompany and help those who

have suffered a loss by suicide: <https://988lifeline.org/help-yourself/loss-survivors/>

Or just go to <https://988lifeline.org>

For more resources, and support for Survivors of Suicide Loss go to our page on Death by Suicide under Trauma and Grief

For more information, resources and Catholic therapists, contact Rich at hello@thechurchofstluke.org