



QPR

Question, Persuade, and Refer

Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help

qprinstitute.com





HELP IS AVAILABLE

- Call **988** the **National Suicide and Crisis Lifeline**, chat or text with trained counselors 24/7
- Text **4Hope** to **741-741**
- **SAMHSA** <https://findtreatment.samhsa.gov/locator>
Substance Abuse and Mental Health Services Administration
- **NAMI – National Alliance on Mental Illness: Southwest Ohio**
namiswoh.org support groups, programs, searchable database of local resources <https://www.nami.org/affiliate/kentucky/nami-northern-kentucky/> Helpline 800-950-NAMI



- **Kids, Teens, and Young Adults** (National Alliance on Mental Illness): Resources for young people to get mental health support
- **How Right Now** (Centers for Disease Control and Prevention): Resources for coping with negative emotions and stress, talking to loved ones, and finding inspiration
- **Youth Engaged 4 Change**: Opportunities for youth to make a difference in their lives and in the world around them
- **Supporting Emotional Wellbeing in Children and Youth** (National Academies of Medicine): Tools for children, teens, and parents to learn how to cope with challenges


Surgeon General Advisory Resources for Young People

- **FindTreatment.gov** (SAMHSA): Information on substance use and mental health treatment
- **Trevor Project**: Suicide prevention and crisis intervention resources for LGBTQ+ young people
- **AAKOMA Mental Health Resources** (The AAKOMA Project): Resources to support the mental health of youth of color and their caregivers
- **Mental Health for Immigrants** (Informed Immigrant): Tips for managing the mental health of yourself and others



IS SUBSTANCE USE A CHOICE?

Risk factors

- A family history of addiction
 - Trauma
 - Untreated or treated mental health conditions such as depression and anxiety
 - Family conflict
- 



HELP IS AVAILABLE

- **SAMHSA** <https://findtreatment.samhsa.gov/locator>
Substance Abuse and Mental Health Services Administration
- **Alcoholics Anonymous (AA) 90 years** <https://www.aa.org/>
<https://www.aa.org/meeting-guide-app>
- **Al-Anon 76 years** <https://cincinnatiatfg.org/> meetings
<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>
- **NAMI – National Alliance on Mental Illness: Southwest Ohio**
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ACES – ADVERSE CHILDHOOD EXPERIENCES

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

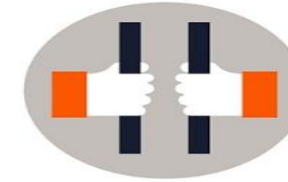


Emotional

HOUSEHOLD DYSFUNCTION



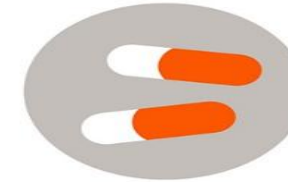
Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce



UNADDRESSED TRAUMA

- The impact can last a **lifetime**
- It can be passed on/**inherited**
- It is the hidden **cause** of most preventable illnesses
- It is associated with **8 of the 10 leading causes of death**





HELP IS AVAILABLE

- **PTSD Alliance - Getting Help with PTSD**
<http://www.ptsdalliance.org/help/>
- **PTSD Web Resources**
<https://uscmed.sc.libguides.com/c.php?g=885034&p=6359967>
- **SAMHSA** <https://findtreatment.samhsa.gov/locator>
Substance Abuse and Mental Health Services Administration
- **ACES** <https://www.cdc.gov/aces/about/index.html>
- **NAMI – National Alliance on Mental Illness: Southwest Ohio**
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FAMILY HISTORY – PROMPT QUESTIONS

Think about and ask questions about any family history of **mental health** issues – maternal and paternal, multiple generations.

WHO SYMPTOMS/DIAGNOSIS IMPACT

When did you first become aware of a mental health issue in a significant person in your life?

When did you first become aware of a mental health issue in yourself?





FAMILY HISTORY – PROMPT QUESTIONS

Think about and ask questions about any family history of **addiction** issues – maternal and paternal, multiple generations.

WHO SYMPTOMS/DIAGNOSIS IMPACT

When did you first become aware of an addiction issue in a significant person in your life?

When did you first become aware of an addiction issue in yourself?





FAMILY HISTORY – PROMPT QUESTIONS

Think about and ask questions about any family history of **trauma, particularly ACEs** – maternal and paternal, multiple generations.

WHO SYMPTOMS/DIAGNOSIS IMPACT

What life experiences have you and/or significant people in your life had with trauma – particularly ACEs?

But not just ACEs. Trauma can occur at any age.





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