BASIC PRINCIPLES

- ◆ **QPR** recognizes that suicidal behavior is interpersonal in nature, potentially deadly, understandable and usually preventable.
- ◆ **QPR** recognizes that even socially isolated individuals have some sort of contact with their community (e.g., family members, doctors, teachers, employers, bankers, counselors, attorneys, etc.). These individuals play pre-existing roles in the at-risk person's life and, with a little training, these same individuals can help save lives.
- ◆ **QPR** teaches diverse groups within each community how to recognize the "real crisis" of suicide and the symptoms and communications that may accompany it.
- ◆ **QPR** addresses high-risk people within their own environments, versus requiring individuals to initiate requests for support or treatment on their own.
- ◆ **QPR** offers the increased possibility of intervention early in the depressive and/or suicidal crisis.
- ◆ **QPR** encourages trained Gatekeepers to take the individual directly to a treatment provider and/or community resource.
- ◆ **QPR** stresses active follow-up on each intervention.

The fundamental premise of QPR's effectiveness is based on the belief, and growing research, that those most at-risk for suicide do not self-refer. To locate these individuals, identify their suicidal communications and get them to needed services is at the heart of the QPR approach to suicide prevention.