



Naugatuck Valley Health District

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PRESS RELEASE

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NAUGATUCK VALLEY HEALTH DISTRICT TO HOLD FREE SUICIDE PREVENTION TRAINING IN RECOGNITION OF SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month. National Suicide Prevention Week is the Monday through Sunday surrounding World Suicide Prevention Day, which is Sunday September 10, 2023. This a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

#BeThe1To is the [988 Suicide & Crisis Lifeline's](#) message for [National Suicide Prevention Month](#) and beyond, which helps spread the word about actions we can all take to prevent suicide. Here are five actions provided by the 988 Suicide & Crisis Lifeline that can promote healing, help and give hope.

- **Ask** - Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.
- **Be There** - Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.
- **Keep Them Safe** - A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.
- **Help Them Stay Connected** - Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.
- **Follow Up** - Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

The Naugatuck Valley Health District will be offering a free, virtual Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training for all community members on Thursday, September 21, 2023, 6:00pm.

QPR, standing for "Question, Persuade, and Refer", is a suicide prevention training that recognizes three steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans save lives of a friend, colleague, sibling, or neighbor. The QPR Institute strives to save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training. They believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

The training is scheduled to be held virtually on Thursday September 21st, 2023, from 6-7:00 pm. If you or someone you know is interested in attending the QPR Suicide Prevention Gatekeeper Training, please contact Lisa Trupp, Health Educator for the Naugatuck Valley Health District.

Registration is required for this training. You may register via phone at (203) 881-3255 ext. 108, use this link <https://www.surveymonkey.com/r/MWRH3ZN>, or scan this QR code to access registration:



For additional information on QPR please visit <https://qprinstitute.com/about-qpr>.



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