

THE INDUSTRIAL ATHLETE DIGEST

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ASK A QUESTION... SAVE A LIFE

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This month, we'd like to talk about a heavy, but important topic: Suicide prevention. It's a difficult subject for many of us. As Injury Prevention Specialists, we've seen time and again the community and support that helps with healing of physical aches and pains. This is true for mental health as well, except suddenly nobody wants to talk anymore. Many others are uncomfortable listening. Depression and suicidal ideology flourish in silence.



According to the CDC, there were 48,183 deaths caused by suicide in 2021. That's one every 11 minutes. The better news is we ALL can help reduce these staggering statistics. Let's outline some basics of QPR Training:

QUESTION

Our best defense against suicide is early recognition. If anyone in your life seems off or different than they usually are, *ask them about it*. Ask if they're okay. Explain why you might be asking. Make sure they know they can talk to you.

Now here's the hard part (and you'll need to practice this part): ask directly and bluntly, "**Are you considering suicide?**" Most of us struggle tremendously with this question, but it's an incredibly powerful, life-saving tool.

PERSUADE

If they're comfortable enough to confide in you, first of all, thank them. It's not easy to do. Now we want to persuade them in a few ways:

- Talk to them about self-care.
- Talk to them about their support system like family and friends.
- Encourage them to make a crisis plan that includes recognizing their triggers.
- Set up a scheduled time to check in with them and DON'T MISS IT!

REFER

If they're actively in crisis, have them call **988**, or call it for them if needed. Treat this as a medical emergency. If they aren't in crisis, remember we still want to refer them. We can open the conversation and get them professional help. This might be just getting them resources or contact information, or even calling and setting up an appointment for them.



TO ACCESS THESE RESOURCES, SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



You can join the fight against suicide! You can go to qprinstitute.com if you'd like to learn more and get QPR trained!