

## **“The Question”**

### **A Theatrical Demonstration of a Unique Set of Skills...**

#### **Question, Persuade, Refer**

#### **QPR Trainings at UWF**

**Depressed Person:** Hey, man. You know, I’ve been feeling really bad lately. You know everything that’s going on...with my mom dying and now my girlfriend just left me. My grades have been dropping, man. I don’t know....I just want to end it all.

**Friend (*thinking to himself*):** Oh, man. He’s been feeling really depressed lately. I had no idea. Is he really thinking about suicide? Oh, crap. I should say something. What do I say that can help?

**Friend (*yelling at Depressed Person*):** Put your big girl panties on!

**Friend (*smiling*):** I want a beer. You want a beer? Let’s go get a beer.

**Friend:** Why are you even thinking like that?

**Friend:** Dude, you should be happy. Like...put a smile on your face.

**Friend:** Don’t tell me that crap!

**Friend:** Is it getting hot in here? Like...it’s really getting hot. We should leave. I agree. We should get out of here.

**Friend:** Man up! Get over it! Everyone has bad days!

**Friend:** Why would you even say something like that? How do you think I would feel?

**Friend:** Whaaaaa!

**Friend (*thinking to himself*):** OK. So, now that that’s over...What can I say that would actually help?

**QPR Trainee:** Look, this is reality. You’ve got to be prepared for situations like this.

**Friend:** Who are you?

*QPR trainee shows Friend her T-shirt.*

**Friend:** OK.

**QPR Trainee:** Just ask him directly, “Are you thinking about suicide?” Then persuade him to go get help from Counseling Services.

**Friend:** I can do that?

**QPR Trainee:** Yes. Try it out.

**Friend (to *Depressed person*):** You say you want to end it all. Are you really thinking about killing yourself?

**Depressed person:** Yeah, man.

**Friend:** There's a lot of people that, I mean, they get counseling and it really does help them out. Have you considered going to the Counseling Center?

**Depressed person:** No. Do I just go?

**Friend:** Yeah. If you want, I can go with you. That wouldn't be a problem.

**Depressed person:** Yeah, man. If you'll go with me. I haven't thought about it before, but yeah.

**Friend:** Yeah, definitely.

**QPR Trainee:** This video has been brought to you by the University of West Florida Suicide Outreach and Support Program. QPR suicide prevention training is a free training available to UWF students, faculty, and staff. Consider attending future QPR trainings in order to learn ways to intervene in a suicidal crisis. Contact Dr. April Glenn for more information about future QPR training dates. UWF also offers free and confidential counseling services. If someone you know is in distress, but is not an immediate threat to themselves or others, please contact Counseling & Psychological Services at (850) 474-2420. Also, consider calling the National Suicide Prevention Lifeline at 1-800-273-TALK, and that's 8255. However, if someone you know is an immediate threat to themselves or others, please call 911.