

REPORT ON
"QPR SUICIDE PREVENTION GATEKEEPER CERTIFICATION TRAINING
PROGRAM"

on

20th SEPTEMBER 2023

Department of Psychology from Mount Carmel College Autonomous organised a four-hours training program on "QPR SUICIDE PREVENTION GATEKEEPER CERTIFICATION TRAINING PROGRAM" in collaboration with Suicide Prevention India Foundation (SPIF) on 20th September 2023.

The training program focused on equipping the students with the skills to save a life from suicide using QPR which stands for Question, Persuade and Refer, as the 3 simple steps of saving a life.

The programme started at 13:00 pm with the welcome address by Ms. Sindhu David, Counsellor for School of Humanities, Natural and Applied Sciences and Management Studies, Mount Carmel College Autonomous. The dignitaries on the dais were Mr. Nelson Vinod Moses, Instructor, SPIF and Ms. Anju, SPIF.

Opening remarks and introduction of the programme was given by Mr. Nelson Vinod Moses. He started the training program by making a statement and making the trainees recite as well, which was "I am sorry for the pain that you are experiencing. Your life is important and I care about you". He talked about his Organisation 'Suicide Prevention India Prevention (SPIF)' which is a non-profit organisation, incubated at NSRCEL, IIM Bangalore. He mentioned how social media has an adverse impact on different mental health conditions like Anxiety, Depression, etc. He highlighted on the Mental Health Professionals (MHPs) as their role is to focus on 'Why' aspect as it will help them to understand the 'How' aspect of the situation. He further added about the stigmatisation of suicide and also characterised suicide as a **public health crisis** and which is also the most preventable kind of health crisis.

He discussed about the causes of suicide as **multifactorial** and a complex phenomenon. Suicide causes can range from biological to socio-cultural, through mental health to environmental etc. He proposed the new terms i.e., 'suicidologist' and 'suicidology'. He also emphasized on mental health hygiene and made us realise about its importance. The word 'Attention seeking' should be replaced by 'Help seeking'.

Then, he discussed about the 'Stages of Suicide' which includes three stages i.e., **Stage 1 focused on Ideation** (where there is increase in suicidal thoughts' due to increase in number of stresses along with decreased protective factors and increased digitalized world), **Stage 2 focused on Planning** (where means of suicide matter. If number of means reduces and desires are still there, there will be decrease in suicidal behaviour) and the **3rd and the last stage was Auto Pilot** (where person makes the decision to attempt suicide within 48 hours). At each stage, Effective Intervention method was discussed.

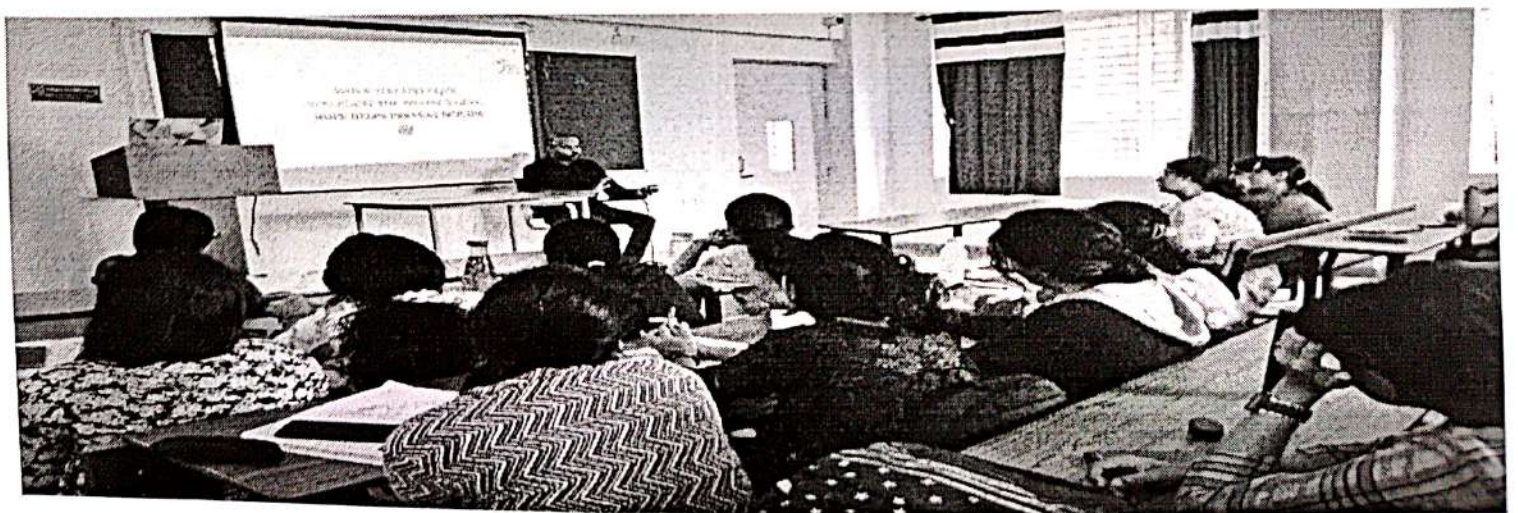
In the later part of the program, he emphasized on the Self-harm as an important aspect to address based on its intensity. Self-harm is also known as 'non-suicidal self-injury' or 'NSSI' which is totally different from suicide. Mr. Moses also discussed about 'Warning Signs of Suicide' in respect to Direct Verbal Clues, Indirect Verbal Clues, and Acute Behavioural Clues and added how to talk about suicide in respect to 'Terms to Use' and 'Terms to Avoid'.

Finally, he discussed the QPR which stands for Question, Persuade and Refer as a three-step process which is not intended to be a form of counselling or treatment rather intended to offer hope through positive action. He also focused on the basic **Emotional First Aid skills** such as Empathy, Unconditional Positive Regard, Kindness and Respect, Active Listening, Reflecting and Paraphrasing, and Summarising. At last, he discussed about the ways of helping someone who is suicidal using Crisis and safety plan, Hope kits and Suicide Watch.

Towards the end of the session, few practice sets were taken up to clarify the theoretical concepts. Also, an interactive Question and Answer session along with an interesting role modelling task was done on the QPR process between the speaker and the audience. The programme was wrapped up around 16:00 pm following the distribution of a Safety QPR Handbook, few Helpline Contacts and Certificates to the students.

LEARNING EXPERIENCE

Overall, it was an interactive and insightful session on suicide. Throughout the four hours session, different aspects of suicide like risk factors, protective factors, warning signs, causes, treatment etc. was covered in a great detail. The learning goals of the session i.e., To recognize warning signs or signs of distress, to know how to respond to a person who is in distress, to be a reliable bridge between when the person is in distress and till, they access specialist help and to learn how to provide emotional first aid was achieved. The QPR process is a quite simple and easy way to save someone's life from suicide.



CREATING HOPE THROUGH ACTION

SUICIDE PREVENTION INDIA FOUNDATION IS COLLABORATING WITH MOUNT CARMEL COLLEGE AUTONOMOUS TO BRING YOU QPR GATEKEEPER CERTIFICATION TRAINING, WHICH EQUIPS YOU WITH THE SKILLS AND KNOWLEDGE NEEDED TO SAVE A LIFE. QPR STANDS FOR QUESTION, PERSUADE AND REFER- THE 3 SIMPLE STEPS ANYONE CAN LEARN TO SAVE A LIFE FROM SUICIDE.



YOU WILL LEARN:

- HOW TO GET HELP FOR YOURSELF OR LEARN MORE ABOUT PREVENTING SUICIDE
- THE COMMON CAUSES OF SUICIDE BEHAVIOUR
- THE WARNING SIGNS OF SUICIDE
- HOW TO QUESTION, PERSUADE, AND REFER
- HOW TO GET HELP FOR SOMEONE IN CRISIS



YOU WILL GET:

- A COMPLETION CERTIFICATE FROM QPR INSTITUTE
- A SUICIDE PREVENTION MANUAL CONTAINING THE ENRICHED PROGRAM OVERVIEW
- THE BEST-SELLING E-BOOK, 'SUICIDE: THE FOREVER DECISION' BY PAUL QUINNETT, PH. D.

REGISTER NOW:

DATE: SEPTEMBER 20TH, 1-4 PM

SCAN CODE AND PAY

