



QPR CHAPTER DISCUSSION GUIDE

After your chapter brothers have done the QPR Online Gatekeeper Training, we recommend you all get together to debrief what you learned and discuss how to apply it to your chapter. This can be done virtually or in person.

Discussion Questions

1. The Q in QPR stands for Question. Can someone remind us and explain what that means here?
 - a. Examples of how to ask the suicide question:
 - i. “You know, when people are as upset as you seem to be, they sometimes wish they were dead. I’m wondering if you’re feeling that way, too?”
 - ii. “Are you thinking about killing yourself?”
2. In small groups, brainstorm OR discuss each as a group:
 - a. Verbal clues – direct and indirect
 - b. Physical clues
 - c. Behavioral clues
 - d. Situational clues
 - e. Clues on social media
3. Have you asked the suicide question?
4. What is difficult about asking someone about suicide?
5. Why do you think suicide is difficult to discuss?
6. How can we make it easier to talk about mental health in SAE?
7. How can we hold each other accountable for having this discussion more often?
8. The P stands for Persuade. Can someone explain what that means?
9. Why is this step necessary?
10. How can it be challenging to persuade someone to seek help?
11. How can we make this more common and acceptable in society?
12. How can we make this more common and acceptable in SAE?
13. The R stands for Refer. Can someone explain what that means?
14. Where on campus would you refer someone?
15. How would you ensure they made it there?
16. How can we do a better job of looking out for each other?
17. How can we do a better job of destigmatizing mental health in our chapter?
18. How can we do a better job of realizing when a brother needs help?
19. How can we make it easier for brothers to ask for help when they need it?
20. How can we better make sure our brothers feel comfortable seeking the help they need?



21. What can we all commit to as a group to help our chapter make strides in suicide prevention?

a. Examples:

- i. Weekly mental health and wellness discussion/support group
- ii. Implement a mental health and wellness chairman
- iii. Post suicide hotline information throughout the chapter house

Wrap up with a reminder that the role of a gatekeeper in preventing suicide is to:

- Establish rapport
- Observe behavior
- Recognize signs
- Refer to help
- Follow-up

Is not:

- Being a therapist
- Over/under-reacting
- Rescuing
- Fixing the problem

Please share information about your campus's mental health and counseling services before closing out your discussion.

To speak with someone immediately

- Dial either 988 or 1-800-273-TALK (8255) to reach the [National Suicide Prevention and Mental Health Crisis Lifeline](#),
- Contact [National Suicide Prevention Lifeline](#) at 1-800-273-8255 (1-800-273-TALK), contact [Lifeline Crisis Chat](#), or
- Contact [National Alliance on Mental Illness \(NAMI\)](#) at 800-950-6264, or Text NAMI to 741741.

If you're ever worried that someone's life is in immediate danger, call 911 or go directly to emergency services.