

SUICIDE PREVENTION TRAINING

Impact **SNAPSHOT**

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EQUIPPING MORE PEOPLE TO *Save* LIVES

Physician suicide is a significant and growing public health concern, underscoring the urgent need for effective, accessible suicide prevention training across healthcare and community settings.

Question, Persuade, Refer (QPR) suicide prevention training equips participants with the confidence and skills to recognize warning signs, start supportive conversations, and connect individuals to care.

QPR is an evidence-informed suicide prevention training model used nationwide to help individuals recognize risk, reduce stigma, and respond effectively when someone may be struggling.

Research consistently shows that gatekeeper training improves suicide prevention knowledge, confidence, and willingness to intervene.

Recent training evaluations in North Carolina demonstrated strong gains in both knowledge and confidence following participation in QPR workshops.

IMPACT AT A *Glance***130+**

physicians, clinical professionals,
and community members trained

8

QPR workshop sessions in
Scotland and Robeson counties



significant gains in confidence
and suicide prevention knowledge

“The workshop was very informative. I am now better able to identify the signs that someone is in trouble or having suicidal thoughts. I know how to approach them and give help or resources.”

— QPR TRAINING PARTICIPANT



PARTICIPANTS REPORTED *Greater* CONFIDENCE

Surveys revealed an increase in participants selecting the strongest positive response ("Always").

Survey Question	Before Training	After Training
Asking someone about suicide is appropriate	48.6%	→ 75.7%
Likely to ask someone if they are thinking about suicide	46.2%	→ 74.8%

Participants left the training **more prepared to recognize risk and take action**. One of the greatest barriers to suicide prevention is hesitation to ask direct questions about suicide. Training helps to **reduce stigma** and **increases confidence** to have potentially lifesaving conversations.

PARTICIPANTS REPORTED *Stronger* SUICIDE PREVENTION KNOWLEDGE

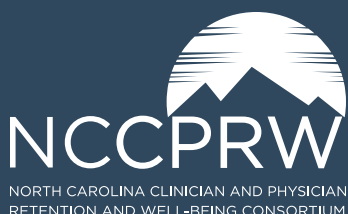
Training Topic	Increase
Suicide prevention facts	+68.3%
Warning signs of suicide	+57.3%
How to ask someone about suicide	+60.4%
Persuading someone to get help	+54.3%
How to get help for someone	+53.5%
Local suicide prevention resources	+58.8%
Overall understanding of suicide prevention	+60.3%

After training, approximately **85%** of participants rated their **suicide prevention knowledge as "High."**



WHY IT *Matters*

Every trained participant becomes part of a stronger community safety net—better prepared to recognize distress, respond compassionately, and connect individuals to support before a crisis escalates. With continued investment, QPR training can expand access to lifesaving suicide prevention education across healthcare settings, workplaces, and communities. **Together, we can build communities where more people feel prepared to intervene, support others, and save lives.**



BUILDING HEALTHIER
FUTURES, *Together*



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