Howdy Martinez! Hope you have been feeling swell lately! The semester is beginning to get pretty intense, so keep an eye out for your friends. If you notice that someone is lacking energy or motivation, withdrawing from others, experiencing frequent feelings of hopelessness, or expressing suicidal intent, and you are worried that they are going through depression, follow these QPR steps to find out more about the situation, and provide support and help. You can make a difference and help keep our community be a safe and welcoming place.

**QPR: Question, Persuade, and Refer for suicide prevention**

**QUESTION:**
- Evaluate the situation. Have there been any recent events that could have large unsettling consequences?
- Try to understand the situation as much as possible. Let them know that you are available to listen, and try not to be too aggressive even though you are worried.
- If necessary, and when it feels natural, ask them if they have ever thought about ending their life. Be caring and non-judgmental.
- If someone expresses suicidal intent, either directly like “I don’t want to live anymore” or indirectly like “I wish it were all over”, ask them what they mean!

**PERSUADE:**
- Try to not belittle their concerns or feelings. Listen, care, and take the situation seriously.
- Many people think of suicide as a way to escape their current pain. Remind them that suicide is a permanent solution to a temporary problem.
- Let them know that are alternatives to dealing with pain and/or depression. Refer them to resources as necessary.

**REFER (See Resources Below):**
- If you are uncertain how to respond, counselors are available during the daytime and after hours.
- Refer them to the National Crisis Help Line
- Offer to make an appointment and/or walk them to Counseling & Psychological Services at the Tang Center
- For emergency support, call UCPD or 911

Cheese it up!

“Happiness is not something you postpone for the future; it is something you design for the present” – Jim Rohn

“Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.” – Helen Keller