

# NO ONE

WANTS TO TALK ABOUT IT...

## RECOGNIZING ANXIETY

IN OUR CHILDREN

Tuesday, March 15 at 7:00pm  
Grand Island High School Auditorium



***Why is my child so stressed? Why the attitude? Why don't they care?***

Is it bullying? Stress from schoolwork? Worried about what others think? Stress at home?

***What am I doing wrong? How can I help my child?***

## EDUCATE YOURSELF.

- Recognize and understand anxiety, including the emotional and physical reactions to it
- Learn about low self-esteem, eating disorders, self-injury, drugs, depression, and suicide
- Learn and develop plans for effective coping
- Create common ground by talking about the issues, not hiding them

**With your support,  
your child can manage daily anxiety and stress.**

*Contact [Parentsforprevention@gmail.com](mailto:Parentsforprevention@gmail.com) with any questions*

*Sponsored by the GIPTA Council, Ken-Ton Family Support center, and*

*The Suicide Prevention Coalition, who will be presenting*

*QPR: Question, Persuade, and Refer a gatekeeper training to recognize risk factors for suicide.*

***Who can attend? Any ADULT: Family, Caregivers, and Neighbors  
Focusing on kids ages 7-17***

*\* Please note that the presentation Recognizing Anxiety in our Children being held March 15<sup>th</sup> should be corrected from listing a sponsor as **Crisis Services to The Suicide Prevention Coalition of Erie County**. The Suicide Prevention Coalition of Erie County will be presenting QPR. QPR is listed on the New York State Office of Mental Health Best-Practice registry for supporting suicide prevention efforts.*



## QPR – Ask a Question, Save a Life

**QPR stands for Question, Persuade, and Refer** -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour



### In one hour, you can become a Gatekeeper

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

**As a QPR-trained Gatekeeper you will learn to:**  
**recognize the warning signs of suicide**  
**know how to offer hope**  
**know how to get help and save a life**

#### HOW IS QPR LIKE CPR?

CPR stands for cardio pulmonary resuscitation, an emergency medical intervention created by Peter Safar and first described in his 1957 book the ABC of resuscitation (A for airway, B for Breathing, C for Circulation).

QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons created by Paul Quinnett, and first described in 1995 in a number of presentations and publications by the QPR Institute.

CPR is part of what is called the "Chain of Survival," a term first coined in 1987 by Mary Newman, a founding member of the Citizen CPR Foundation. According to the Chain of Survival model of emergency cardiac care, the likelihood that a victim will survive a cardiac arrest increases when each of the following four links is connected:

- **Early Recognition and Early access.** The sooner 9-1-1 or your local emergency number is called the sooner early advanced life support arrives.
- **Early CPR.** Application of early CPR helps circulate blood that contains oxygen to the vital organs.
- **External Defibrillator (AED)** is ready for use or advanced medical personnel arrive.
- **Early Advanced Life Support.** This is given by trained medical personnel who provide further care and transport to hospital facilities.

With QPR, the following Chain of Survival elements must also be in place:

- **Early recognition of suicide warning signs.** The sooner warning signs are detected and help sought, the better the outcome of a suicide crisis will be.
- **Early QPR.** Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.
- **Early intervention and referral.** Referral to local resources or calling 1-800-Suicide for evaluation and possible referral is critical, as most people thinking about suicide are suffering from an undiagnosed and/or untreated mental illness or substance abuse disorder for which excellent treatments exist. Also, the offering of hope and social and spiritual support can often avert a suicide attempt
- **Early professional assessment and treatment.** As with any illness, early detection and treatment results in better outcomes and fewer lives lost to suicide.