

a presentation for parents/adults  
by Jon Mattleman

# Q P R

## Suicide Prevention Workshop



I have 30 years experience as a mental health counselor and trainer, and have spoken to thousands of parents in schools, community groups, and religious organizations. My presentation style is engaging, respectful, warm, humorous, accessible, and energetic.

What can you learn in  
100 minutes?  
Enough to save a  
person's life.

The QPR Suicide Prevention model (Question, Persuade, Refer) is based on the concepts that the person most likely to prevent an individual from dying by suicide is someone they already know and an at-risk person typically sends warning signs of their distress and suicidal intent to those around them.

### Every year in Massachusetts:

- 500 people die by suicide
- 186,000 calls are received by the Samaritans suicide crisis hotline
- 6,700 visits are made to hospital emergency rooms for self-inflicted injuries

Investigate the myths surrounding suicide, explore the warning signs of suicide risk, discover the differences between suicide and self injury, and learn how to really help a person in distress.

Contact Jon at: [jonmattleman@gmail.com](mailto:jonmattleman@gmail.com)

Learn more about Jon at: <http://jonmattleman.com>