SUICIDE STATISTICS

1,100

Approximately 1,100 college students die by suicide each year, making suicide a leading cause of death among college students. (CDC)

10th

Suicide is the 10th leading cause of death in the United States across all ages. (CDC)

123

Every day, approximately 123 Americans die by suicide. (CDC)

CANISIUS UNIVERSITY
COUNSELING CENTER

PHONE

716-888-2620

EMAIL

counsel@canisius.edu

VISIT OUR WEBPAGE

Schedule an appointment

OTHER RESOURCES

CAMPUS SAFETY	**716-888-2330**
CRISIS SERVICES	**716-834-3131**

988 SUICIDE & CRISIS LIFELINE

CALL OR TEXT 988

QPR

INSTITUTE

QUESTION. PERSUADE. REFER.

ASK A QUESTION. SAVE A LIFE.

QPR GATEKEEPER TRAINING

Learn how to recognize suicide warning signs, ask the question, persuade someone to seek help, and refer them to appropriate support.

LEARN TO RECOGNIZE

WARNING SIGNS OF SUICIDE



FOR MORE INFORMATION OR TO REGISTER

for a QPR training session, contact:

CANISIUS UNIVERSITY

COUNSELING CENTER

Bosch Hall 105

716-888-2620

counsel@canisius.edu

STEPS OF QPR

QUESTION • PERSUADE • REFER

Q

QUESTION

Ask the person directly about suicide.

P

PERSUADE

Encourage the person to accept help.

R

REFER

Connect the person with appropriate resources.

A GATEKEEPER

is someone trained to recognize a suicide crisis and knows how and where to find help.

PURPOSE OF QPR

QPR is a 90-minute suicide prevention training program for students, faculty, and staff. It teaches participants to recognize warning signs, clues, and suicidal communications; to ask about suicide; and to act quickly to connect a person in distress with help.

QPR CAN HELP YOU

- **Recognize warning signs**
- **Start a caring conversation**
- **Connect someone to support**

QUESTION. PERSUADE. REFER.