

Brown County Suicide Prevention

Resources for Supporting the Agricultural Community

QPR – It’s like CPR!

QPR is a nationally-recognized suicide prevention program. People who receive training in QPR become “Gatekeepers” and receive resources that can help them if they counter a person who is at risk for suicide. QPR stands for Question, Persuade, Refer. It is a technique that can be used by any trained person to prevent suicide using skills learned in a 75-minute workshop. It is not counseling or therapy, but it could save someone’s life by redirecting them from intended actions and on the course to getting the help they deserve. Visit: <https://qprinstitute.com> for more details.

Question

- If in doubt, don’t wait, ask if the person is thinking of suicide
 - Talk alone in a private setting
 - Allow them to talk freely
 - Give them plenty of time to talk
 - Be persistent if needed
- How you ask the question is less important than that you ask it

Persuade

- Offer hope in any form
- Do not rush to judgment

Refer

- Best referral: take the person directly to someone who can help
- Next best referral: get a commitment from them to accept help, then make the arrangements to get them that help
- Third best referral: give them the contact information and try to get a good faith commitment not to complete or attempt suicide
- Get others involved: family, friends, religious leaders, physicians

Source: Dr. John Shutske and Melissa Kono, UW-Madison Division of Extension

Contact information:

Brown County Crisis Center Services

920-436-8888

- Provides 24/7 counseling over the phone
- Call if you think you may hurt yourself or others
- Completely voluntary: share only what you feel comfortable
- 100% anonymous
- Staffed by individuals with counseling or psychology degrees

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org>

- 24/7 support
- Anonymous

Wisconsin Farm Center Counseling Voucher Program

Tracy Brandel

608-224-5055 (direct line)

1-800-942-2474 (toll-free)

- Free, three 1-hour counseling vouchers
- Counselors have experience with farmers

Farm Aid Hotline

1-800-327-6243

Farm Crisis Center

<https://farmcrisis.nfu.org>

National Alliance on Mental Illness

1-800-950-6264

<https://nami.org/home>