

Elizabeth's Story

I took the QPR (Question, Persuade, Refer) suicide prevention training because I thought it would be a useful tool since I worked as a nanny and tutor. **Mental health awareness is so important especially now during the pandemic.** I'm the kind of person that makes friends easily and wants everyone to be happy and feel safe.

I had a student that was thinking about suicide. I had been tutoring him for a while and I noticed changes in him. He lived in a room in the basement of his parents' house but recently his room had to share his space with his grandfather, who came to live with the family.



My student, who has autism, was usually happy and beginning to come out of his shell, suddenly started to have mood swings. He'd be up one day and down the next, in addition, he started texting me outside of tutoring. He had a strained relationship with his father, who never fully accepted his autism. His dad would get upset with him when he didn't follow through on a plan or slacked off on his schoolwork. **My student began to self-medicate with alcohol, and it was during this time when his text messages started to become very concerning.** He would say things like I'm a failure, I'm disappointing everyone and life would be better without him.

Through my QPR training, I recognized these warning signs. I was comfortable asking him the right questions and let him know what he was feeling was not okay. I provided him and his family a list of resources to get him professional help. My student ended up being hospitalized for two weeks. **His parents took advantage of many of the resources I gave them and together they developed an aftercare plan for him.** I'm glad I had the training and knowledge to help him get the support and care he needed.

Everyone can do something to prevent suicide. All it takes is one caring person to save a life! ~ Elizabeth

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