



**Zero  
Suicide  
Initiative**  
HANLEY FOUNDATION

# Suicide Prevention

## The Zero Suicide Initiative

### How We Combat 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.



**QUESTION**



**PERSUADE**



**REFER**

### Did you know?

Any person can experience a suicide crisis at some point in their life. **In 2020:**

- 12.2 million adults seriously thought about suicide
- 3.2 million adults planned suicide
- 1.2 million adults attempted suicide



### Learn how to become a certified QPR Gatekeeper!

QPR trainings are available in English and Creole. Sign up now at [HanleyFoundation.org/Help](https://HanleyFoundation.org/Help)  
[Help@hanleyfoundation.org](mailto:Help@hanleyfoundation.org).

