



Media Release

7 September 2016

R U OK?

The Salvos Offer Free Suicide Prevention Training

As part of R U OK Day, The Salvation Army is urging those who have lost hope or are struggling to deal with the loss of a loved one to access its free online suicide prevention program, QPR.

QPR (Question, Persuade and Refer) suicide prevention training equips people with the necessary skills to recognise the warning signs of suicide and help save a life.

The Salvation Army, through its Hope for Life Suicide Prevention and Bereavement Support Program, provides training, advice and connection for people who support those at risk of suicide or those whose lives have been devastated by the suicide. The Hope for Life team also conducts Mental Health training for legal and paralegal professionals, funded by the Federal Government.

“Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognise the warning signs of a suicide crisis and how to question, persuade and refer someone to help,” Operations Manager of Hope for Life, Clare Babbage said.

QPR training includes: myths and facts about suicide, some warning signs of suicide, how to apply QPR and how to offer hope and support.

With Australia’s suicide rate at its highest level in 13 years, Mrs Babbage says it’s vital that individuals and communities learn suicide prevention strategies and methods to support people affected by suicide.

“Recognising the warning signs of suicide and learning the skills to help save a life is something that everyone should learn. Effective social and community programs which specialise in supporting those at risk of suicide, lies at the heart of suicide prevention,” Mrs Babbage said.

The Salvation Army’s Hope for Life Suicide Prevention & Bereavement Support service is available to provide support, advice and training on Suicide Prevention, Bereavement support and Self Care.

To access QPR suicide prevention training please head to: suicideprevention.salvos.org.au or call 0294663541.

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For more information or to arrange an interview with Clare Babbage please contact:

The Salvation Army Media Department: (02) 9466 3143