

# QPR Suicide Prevention Training for Refugee Gatekeepers

## *DID YOU KNOW?*

*The suicide rate for the general U.S. population is 12.4 per 100,000. The suicide rate of Bhutanese refugees resettled in the U.S. is 20.3 per 100,000.\**

*Suicides have also been reported in other refugee populations, including immigrants from Burma, Somalia, and Burundi.*

*Refugees may be more likely to experience some of the risk factors that lead to suicide due to the loss experienced in leaving one's own country and the stress and isolation sometimes associated with resettlement.*

By the end of the training, participants will be able to:

- ◉ Define suicide and describe how it is viewed within refugee communities.
- ◉ Identify "risk factors" and clues of suicide.
- ◉ Use the QPR Gatekeeper method to help stop someone from attempting suicide.

**Are you interested in learning more about suicide prevention in refugee communities?**

Email [OCLC@dbhds.virginia.gov](mailto:OCLC@dbhds.virginia.gov) to schedule a workshop

This 3 hour training is offered for FREE through DBHDS Office of Cultural & Linguistic Competence