

ADVISORY 2021-01

Re: Suicide Prevention
Date: January 13, 2021
Purpose: Encouraging Suicide Prevention Education
Distribution: All EMS Agencies, REMO Physicians



Dear EMS Agency Leaders,

REMO has identified suicide prevention resources that are appropriate for EMS providers.

We encourage agencies to make these resources part of your continuing education and responder wellness programs.

1) Dr. Drew Anderson recently presented a CME on Suicide Among EMS Providers. A recording of the Zoom presentation can be found at the following link:

https://us02web.zoom.us/rec/share/dJpGrkDtrI9aAb7-LBU57RIAYREMZ4Qzly-WTPNPM0gBCaZHSxGPnllmncLHUvkW.5l8_EcF-jE5HY19g.

We strongly recommend this CME for all EMS responders. The presentation runs 47 minutes.

2) REMO also recommends *QPR Gatekeeper Training* or similar resilience training for all EMS responders (<https://qprinstitute.com>). Question, Persuade, and Refer are three steps anyone can learn to help prevent suicide. The training includes:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

3) QPR Gatekeeper Training is available on-line. This approximately one-hour course can be accessed at <https://qprinstitute.com/individual-training>. The cost of the training is \$29.95 per person, with bulk discounts available.

4) QPR Instructor Training is also available on-line. This approximately 12-hour course can be accessed at <https://qprinstitute.com/become-an-instructor>. The cost of the training is \$495. REMO is seeking a QPR Instructor, and tuition assistance can be provided in exchange for a binding commitment to teach QPR classes that will be made available to EMS providers throughout the region.

Sincerely,

Steven Kroll, Regional EMS Council Chair
Tim Mirabile, Executive Director
Dr. Michael Dailey, MD, Regional Medical Director