



शरणार्थी गेटकिपरहरुका
लागि क्यू.पि.आर. (QPR)
आत्महत्या रोकथाम
तालिम

REFUGEEHEALTH TECHNICAL ASSISTANCE CENTER

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Once we know about the problem, we will teach you how you can help

तालिमको समाप्तिमा सहभागीहरु निम्न कुराहरु गर्न सक्षम हुनेछन् :

- आत्महत्यालाई परिभाषित गर्न र शरणार्थी समुदायहरुमा यसलाई कसरी हेरिन्छ भनेर व्याख्या गर्ने ।
- आत्महत्याका “जोखिम तत्वहरु” र संकेतहरु पहिचान गर्ने ।
- क्यु.पि.आर. (QPR) गेटकिपर तरिका प्रयोग गरेर कुनै पनि व्यक्तिलाई आत्महत्या प्रयास गर्नबाट रोक्नको लागि मद्दत गर्ने ।

रूपरेखा

- परिचय
- “आत्महत्या”, “जोखिम तत्व” र “गेटकिपर” को परिभाषा
- आत्महत्याका जोखिम तत्वहरु
- आत्महत्याका संकेतहरु
- क्यू.पि.आर. (QPR) प्रणाली
 - Question (प्रश्न गर्ने)
 - Persuade (मनाउने)
 - Refer (प्रेषण गर्ने)

Introductions: Have each participant introduce him/herself including where s/he works, position, refugee groups s/he works with, and what s/he hopes to get out of training.



आत्महत्या भनेको के हो ?

तपाईंको समुदायमा शरणार्थीहरूले आत्महत्याबारे कस्तो धारणा राख्ने गरेका छन् ?

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Large group discussion: Explain to the group that suicide can be defined and viewed in different ways by different refugee groups and across cultures.

Ask: How is suicide viewed by refugees in your community?

“जोखिम तत्व” भनेको के हो ?

“जोखिम तत्व” भनेको त्यो तत्व हो जसले अन्य कुराहरु बढाउने सम्भावना गर्दछ ।

उदाहरणहरु :

- धुम्रपान गर्नु फोक्सोको रोगहरु लगाउन सक्ने जोखिम तत्व हो ।
- तौल बढी हुनु मधुमेहको जोखिम तत्व हो ।

गेटकिपर को हो ?

- आत्महत्या रोकथामको लागि सर्जन जनरलको राष्ट्रिय रणनीति (2001) अनुसार गेटकिपरहरु भनेका :
त्यस्ता व्यक्तिहरु हुन् जो आफ्नो कामको सिलसिलामा शरणार्थीहरुसँग लगातार सम्पर्कमा आउछन् र जसलाई समुदायहरुमा आदर गरिन्छ ।
- आत्महत्या बारे सोच्दै गरेको व्यक्तिको संकट र चेतावनीमूलक संकेतहरु पहिचान गर्न सक्ने अवस्थामा रहेको कुनै पनि व्यक्ति आत्महत्या रोकथाम गर्ने गेटकिपर हो ।

तपाईंको समुदायमा गेटकिपरहरु को-को हुन् ?

आत्महत्या : के शरणार्थी समुदायहरुमा यो सरोकारको विषय हो ?

- के शरणार्थीहरु आत्महत्याको उच्च जोखिममा छन् ?
- यदि छन् भने, आत्महत्याको जोखिमलाई के कुराले बढाई रहेको छ ?
- आत्महत्या रोकथाम गर्नको लागि शरणार्थीहरु मध्य के गर्न सकिन्छ ?

We will discuss these three questions during this training.

पृष्ठभूमि जानकारी



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समस्या

सन् 2010 मा, नेपालका शिविरहरूमा बसिरहेका र संयुक्त राज्य अमेरिकामा पुनर्वास गराइएका भूटानी शरणार्थीहरू मध्य भइरहेको आत्महत्या र आत्महत्याका प्रयासहरू बारे मानवीय र सरकारी निकायहरूले जानकारी प्राप्त गरे ।

Introduction

Many refugee groups are at increased risk of attempting suicide. This training will explore the experiences of all refugee groups that may contribute to suicide or attempted suicide.



आत्महत्याका जोखिम तत्वहरु

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आत्महत्याका सामान्य जोखिम तत्वहरू

- आत्महत्याको पूर्व-प्रयास
- आत्महत्याको पारिवारिक इतिहास
- लक्षणयुक्त उदासीपन समेत गरी मानसिक स्वास्थ्यका मामिला
- रक्सी दुरुपयोग (विशेषगरी उदासीपन सँगै)
- रोजगार गुमेको वा आर्थिक नोक्सान
- महत्वपूर्ण सम्बन्धहरू गुमाएको
- बन्दुक, चक्कु, डोरी, औषधी/विष वा आफूलाई हानि गर्न सक्ने वस्तुहरूमाको सहज पहुँच
- एक्लोपना वा अरुको सहयोग नभएको महसुस गर्नु

श्रोत : आत्महत्या रोकथाम श्रोत केन्द्र

Source: This list of Suicide Risk Factors was taken from: U.S. Public Health Service, *The Surgeon General's Call To Action To Prevent Suicide*. Washington, DC: 1999

Quickly review these risk factors.

ADD: Refugees might experience these risk factors, but when you add on the stressors of resettlement, refugees may be at even greater risk for suicide.

शरणार्थीहरूको लागि अतिरिक्त चुनौतीहरू

हिंसा र आघातको इतिहास

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Facilitator Notes: The violence and trauma a refugee is likely to have witnessed, either directly or indirectly, during the course of their migration may increase the person's capacity for or consideration of suicide. Greater exposure to violence may lower the threshold for considering an act of violence against oneself.

LARGE GROUP DISCUSSION:

Ask: Do you think suicide among refugees in your community may be related to their experience of violence and trauma? In what ways?

शरणार्थीहरूको लागि अतिरिक्त चुनौतीहरू

पुनर्वास

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Suggested time: 15 minutes

पुनर्वास

छलफल

संयुक्त राज्य अमेरिकामा पुनर्वास हुँदा शरणार्थीहरूले सामना गर्ने चुनौतीहरू के के हुन् ?

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Facilitator Notes: With this and the next two slides, the focus will be on participants sharing about the experiences and challenges refugees face that may cause them to be at risk for suicide.

Small Group Discussion: Break the large group into smaller groups (three to four to a group) and have each group discuss the question “*What are the challenges refugees face as they resettle in the U.S.?*”.

Each group should choose a **recorder** to write down major points of discussion and a **spokesperson** who will report one idea/thought back to the large group.

Facilitator Notes: This is a good opportunity for story-telling. Encourage groups to be specific and if possible share some of the challenges they or others have faced.

Large Group Debrief: Each group’s spokesperson will share one idea/thought with the large group. Record responses on a flipchart.

पुनर्वासका चुनौतीहरू

समुदाय

- हिंसा र आघातमा पर्नु
- समुदायको भंग हुनु र पारम्परिक समर्थनहरू हराउनु
- एक्लोपनाको अनुभूति
- नयाँ संस्कृति
- नयाँ भाषा
- अवास्तविक आकांक्षाहरू
- पदमा गिरावट
- “शरणार्थी” को रूपमा वर्गीकृत गरिनु

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Facilitator Notes: Compare the list that participants brainstormed with this list. Point out similarities/differences between the two lists. Share the following points if they do not come up in discussion.

Suggested points to cover:

Unrealistic expectations: Refugees often arrive in the U.S. believing that their troubles are behind them and that they will have a wonderful life right away. Refugees may be disillusioned when they face financial problems or feel isolated. Refugees may expect that they will be supported financially until they get a job.

Linguistic isolation: Most (but not all) refugees have limited English proficiency. Children are often the first to learn the language and then must interpret/translate for parents leading to parent/child role reversal.

Family separation: The reality of refugee processing and admissions often means that families are separated, even if all are expecting to be resettled in the U.S.

Family dynamics: Resettlement introduces new stressors in families, including role changes and reversals for parents and children, elders and younger family members, women and men. These stressors may be more pronounced for elders. Examples include elders who came to the U.S. for the sake of their children. Because of their inability to speak English, they are often no longer breadwinners or heads of families; elders feel disrespected and dependent on children who in turn feel overwhelmed and stressed by their new responsibilities

पुनर्वासका चुनौतीहरू

परिवार

- आर्थिक समस्याहरू
- परिवारसँगको बिछोड
- पारिवारिक द्वन्द्वहरू :
 - पारिवारिक भूमिकाहरूमा उल्टाव
 - परिवारको कान्छो सदस्यलाई आफ्नो परिवारको ख्याल राख्नुपर्ने जिम्मेवारी
 - यी जिम्मेवारीहरू पूरा गर्न नसक्दाको लज्जाबोध

Facilitator Notes: Compare the list that participants brainstormed with this list. Point out similarities/differences between the two lists. Share the following points if they do not come up in discussion.

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शरणार्थीको छाप

छलफल

“शरणार्थी” को रूपमा वर्गीकृत गर्नाले केही शरणार्थीहरू भिन्न तरिकामा चित्रित वा व्यवहार गरिएको महसुस गर्छन् ।

“निम्न”, “असम्मानित”, र “कमसल”

Large group discussion: Being labeled a “refugee” by the larger community can be a stressor for many refugee groups. Is this true of the refugee community you work with? Why? Why not?

Note: To stigmatize” is to make something seem bad or disgraceful. The terms “low”, “unrespected”, and “inferior” were used by Bhutanese gatekeepers during their QPR training.

QPR
(क्यू.पि.आर.)

एउटा प्रश्न सोध्नुहोस् । एउटा जीवन बचाउनुहोस् ।

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Now let's learn QPR

क्यू.पि.आर. (QPR)

- क्यू.पि.आर. परामर्श वा उपचार होइन ।
- क्यू.पि.आर. सकारात्मक कार्यद्वारा आशा प्रदान गर्ने उद्देश्यका लागि अभिप्रेरित छ ।

क्यू.पि.आर. (QPR) के हो ?

- Question (प्रश्न गर्ने)
- Persuade (मनाउने)
- Refer (प्रेषण गर्ने)

“प्रश्न गर्ने, मनाउने, र प्रेषण गर्ने” सीपहरूको सेट हो जसले आत्महत्या रोकथाम गर्न मद्दत गर्न सक्छ ।

Note to trainer: It is important to stress here that this is the basic QPR training that has been successfully taught all over the world but that it has been adapted so that it can be used in refugee communities.

आत्महत्याका संकेत र चेतावनीमूलक चिन्हहरु

जति धेरै संकेत र चिन्हहरु देख्नुहुन्छ,
उति धेरै जोखिम हुन्छ । सबै चिन्हहरुलाई
गम्भीरतापूर्वक लिनुहोस् !

व्यवहारिक संकेतहरू

- पहिला पनि आत्महत्या गर्ने प्रयास गरेको
- मादकपदार्थको दुरुपयोग (विशेषगरि रक्सी)
- घरेलू हिंसा
- सम्बन्धहरूबाट हट्नु
- महत्वपूर्ण चिजहरू वितरण गर्नु
- अनावश्यक जोखिमहरू लिनु

People thinking about suicide often act in certain ways. Here are some behavioral warning signs.

Ask: Are these typical ways at-risk refugees would act? Why? Why not? Are there additional behaviors that are not listed?

व्यवहारिक संकेतहरू (क्रमशः)

- व्यक्तिगत र व्यवसायिक कार्यहरूलाई मिलाएर राख्नु
- उदास, क्षड्डग स्वभावको, निराशा महसुस गर्नु
- बिनाकारण रिस देखाउनु, आक्रामक हुनु, झर्कोपना देखाउनु
- धर्ममा एककासी रुची वा अरुची राख्नु
- आत्महत्या गर्ने साधन प्राप्त गर्नु

People thinking about suicide often act in certain ways. Here are some behavioral warning signs.

Ask: Are these typical ways at-risk refugees would act? Why? Why not? Are there additional behaviors that are not listed?

प्रत्यक्ष मौखिक संकेतहरू

- “मैले आफूलाई मारने निर्णय गरिसके ।”
- “म मरेको भए पनि हुन्थ्यो ।”
- “म आत्महत्या गर्न जाँदैछु ।”
- “म सबै कुरा अन्त्य गर्न जाँदैछु ।”
- “यदि (यस्तो वा उस्तो) भएन भने म आफूलाई मारनेछु ।”

We've talked about suicide risk factors and clues or warning signs, now let's talk about what an at-risk person might say to make you think they are thinking about suicide. Review the list of direct verbal clues.

अप्रत्यक्ष मौखिक संकेतहरू

- “म जीवनदेखि थकित भईसके, म अब अगाडि बढ्न सकिदैन ।”
- “मेरो परिवारलाई म नहुँदा राम्रो हुनेछ ।”
- “म मरे पनि कसलाई पो चिन्ता हुन्छ र !”
- “म छुटकारा पाउन चाहन्छु ।”
- “म धेरै समयसम्म यताउति हुनेछैन ।”
- “चाँडै नै तिमीले मेरो बारे चिन्ता गर्नु पर्ने छैन ।”

Sometimes people use less direct ways to let others know they are thinking about killing themselves. Review the list.

Ask: How might a refugee express their idea to kill themselves? Would you expect to hear direct or indirect verbal clues?

क्यू.पि.आर. :

“यदि आत्महत्या गर्न सक्ने सम्भावना भएका
व्यक्तिहरूले मद्दत माग्नेछन् भनि पखर्यो भने,
उनीहरू मृत्यु तिर लाग्नेछन् ।”

The first QPR step is to ask someone if they are thinking about killing themselves because if we wait for suicidal people to ask for help, they will keep right on dying. As a gatekeeper working with refugees, you must be prepared to ask the question even though it often won't be easy.

क्यू.पि.आर. : प्रश्न गर्ने

आत्महत्या सम्बन्धी प्रश्न सोध्नका लागि सुझाव

- यदि दुविधामा हुनुहुन्छ भने नपर्खनुहोस्, प्रश्न सोधिहाल्नुहोस् ।
 - यदि उक्त व्यक्ति कुरा गर्न चाहँदैन भने पनि सोध्न जारी राख्नुहोस् ।
 - उक्त व्यक्तिलाई एकलै राखेर कुरा गर्नुहोस् वा कुरा गर्दा उनलाई आफ्नो पारिवारिक कोही सदस्य वा मित्र आफूसँग रहोस् भन्ने चाहना छ कि भनेर सोध्नुहोस् ।
 - उक्त व्यक्तिलाई दोभाषे चाहिन्छ कि भनेर सोध्नुहोस् ।
 - उक्त व्यक्तिलाई खुला कुरा गर्न दिनुहोस् ।
 - आफू स्वयमलाई पर्याप्त समय दिनुहोस् ।
- याद राख्नुहोस् : प्रश्न कसरी सोध्ने भन्दा पनि प्रश्न सोध्ने कार्य नै महत्वपूर्ण हुन्छ ।

Here are some tips for asking the suicide question. Read the list.

Potential problem: Refugee clients may want to talk privately with you because they are talking about suicide. However, in many refugee cultures, this is not encouraged and family members expect to be part of the meeting, especially with women. So, if possible, you should ask the client whether s/he would like to speak in private or with a family member present.

You also need ask whether the person would like to have an interpreter because some clients may feel uncomfortable talking about their problems and feelings with an interpreter present.

Make sure you have plenty of time for the conversation because of language barriers and different perceptions of time in other cultures.

क्यू.पि.आर. : प्रश्न गर्ने

- घुमाउरो तरिकाले सोध्ने

“के तपाईं हालसालै दुखी हुनु भयो ?”

“के तपाईं हालसालै एकदमै दुखी हुनु भयो ?”

“के तपाईं हालसालै यति धेरै दुखी हुनु भयो कि तपाईंले आफ्नो जीवन समाप्त गर्ने बारे सोच्दै हुनुहुन्छ ?”

“के तपाईंले कहिल्यै तपाईं सुत्न जाने अनि सुतेको सुत्नै भए हुन्थ्यो भनि इच्छा गर्नुभएको छ ”

As we've said, it can be very difficult to ask someone if they are thinking about killing themselves. However, there are different ways you can ask the question. One way is to be less direct.

Facilitator Notes: Review questions on the slide.

क्यू.पि.आर. : प्रश्न

सोझो तरिकाले सोध्ने

“तपाईंलाई थाहै होला, जब मानिसहरु दुखी हुन्छन् तब कहिलेकाहीं उनीहरु मर्न पाए पनि हुन्थ्यो भनि इच्छा राख्छन् । कतै तपाईंले पनि त्यस्तै विचार गर्नुभएको त छैन ?”

“तपाईंलाई हेर्दा तपाईं एउटा मुस्किल समयबाट गुज्तिरहेको जस्तो लाग्छ, कतै तपाईं आत्महत्याको बारेमा सोच्दै त हुनुहुन्न ?”

“के तपाईं आफैलाई अन्त्य गर्ने विचार त गर्नुभएको छैन ?”

नोट: यदि तपाईंले प्रश्नहरु सोध्न सक्नुहुन्न भने, सक्ने व्यक्तिलाई खोज्नुहोस् ।

Or you can ask the person directly.

Facilitator Notes: Review questions on the slide.

Ask: Would you ask a refugee client these questions about suicide?

क्यू.पि.आर. : शरणार्थीसँग आत्महत्याबारे प्रश्न गर्ने

छलफल

- “आत्महत्या बारे प्रश्न” सोध्नु अगाडि तपाईंले आत्महत्या बारे वार्तालाप कसरी सुरु गर्नुहुन्छ ?
- तपाईंले कस्ता वाक्यहरु प्रयोग गर्नु हुनेछ ?

Talking about suicide and asking someone if s/he is thinking about killing himself/herself is very difficult for everyone, but it may be especially hard for those working with refugees.

Have a large group discussion on the two questions posed on the slide:

How would you lead up to asking a person if they are thinking about suicide?

What words or phrases could you use?

To become comfortable helping a person who may be suicidal, it is very important to practice QPR. The goal of this practice session is to give you the opportunity to practice listening to the problems that cause people to think about suicide and to ask them if they are planning on suicide in a frank and compassionate manner.

Role Play: Asking the Question

Instructions Time: 10 minutes for each role play practice

Break up into pairs. If possible, pair individuals who speak the same language.

One person will be the at-risk individual and the other will be the gatekeeper.

There are four role play scenarios. Hand out one role play scenario to each pair.

Have pairs review "script" for role play.

Begin role play. Tell participants to stop after asking the question.

Hand out another role play scenario and have each pair switch roles and practice with this role play.

Note: Two of the role plays are gender specific (married middle aged man and married middle aged woman). If pairs are mixed gender, have the male practice the married man role and the female practice the married woman role.

Debrief: Have each pair report back on their discussion and include the actual question the Gatekeeper chose to use.

आत्महत्या बारे प्रश्न कसरी *नसोध्ने* ?

“तपाईंलाई आत्महत्या गर्न मन छैन नी,
कि छ ?”

Ask: Why would you not want to ask this question?

क्यू.पि.आर. : मनाउने

कसैलाई जीवित रहनको लागि कसरी मनाउने

- उनीहरूलाई तपाईंको पूर्ण ध्यान दिनुहोस् र उनीहरूको कुरा सुनिदिनुहोस् ।
- बीचमा नबोली दिनुहोस् ।
- आत्महत्या राम्रो समाधान होइन भन्ने कुरा याद राख्नुहोस् । समस्याहरूको समाधानको लागि अनेक राम्रा उपायहरू छन् भनेर सुझाव दिनुहोस् ।
- फैसलाको लागि हतार नगर्नुहोस् ।
- कुनै पनि रूपमा आशा जगाउनुहोस् ।

Do not attempt to argue someone out of suicide. Rather, let the person know you care, that he/she is not alone, and that suicidal feelings are temporary.

क्यू.पि.आर. : मनाउने

तपाईंले कुनै शरणार्थीलाई मदत खोज्नको लागि प्रोत्साहन गर्न के भन्नु हुनेछ ?

REFUGEEHEALTH TECHNICAL ASSISTANCE CENTER

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Role Play: Persuade

Instructions

Time: 10 minutes for each role play practice

Same pairs with same role play scenarios to continue the conversations started in the previous role plays. This time with a focus on practicing the persuade step.

One person will be the at-risk individual and the other will be the gatekeeper.

Gatekeeper: Use the suggestions on the slide to persuade the at-risk individual to seek help.

Switch roles and practice another role play.

Facilitator Note: Two of the role plays are gender specific (married middle aged man and married middle aged woman). If pairs are mixed gender, have the male practice the married man role and the female practice the married woman role.

Debrief: Have each pair report back on their discussion and include the key points the Gatekeeper chose to use to persuade the at-risk person to seek help.

क्यू.पि.आर. : मनाउने

सोध्नुहोस् :

- “के तपाईं मसँग सहायता लिनको लागि जानुहुन्छ ?”
- “के म तपाईंलाई मद्दत गर्न सकछु ?”
- “हामीले कुनै मद्दत नपाउन्जेलसम्म के तपाईंले आफूलाई कुनै हानि नगर्ने बाचा गर्नुहुन्छ ? ”

तपाईंको सुन्ने र मद्दत गर्ने इच्छाले आशाको सृजना गर्न सकछ र परिवर्तन ल्याउन सकछ ।

क्यू.पि.आर. : प्रेषण गर्ने

छलफल

- आत्महत्या बारे सोचिरहेका शरणार्थीहरुलाई मद्दत गर्ने के-के श्रोतहरु तपाईंको समुदायमा उपलब्ध छन् ?
- के-कस्ता राष्ट्रिय श्रोतहरु उपलब्ध छन् ?

If you are going to be able to refer someone for help, you need to have identified beforehand a list of referrals in your community.

Exercises: Identifying Sources of Help and Support:

Gatekeepers can help refugees at risk for suicide by identifying social supports as well as local referral resources. Have participants fill in the **Social Support Worksheet** to identify resources available in the refugee's immediate circle of family and friends as well as help from their ethnic community and the community at large. Encourage them to think outside the formal system of support. Through this activity, they are identifying a team of people to help support the refugee.

Have participants start to fill out the **Suicide Prevention Referral Worksheet** with specific information about local referral resources

क्यू.पि.आर. : कसरी प्रेषण गर्ने

- त्यस व्यक्तिबाट सहायता स्वीकार गर्छु भन्ने प्रतिबद्धता लिनुहोस् ।
- मद्दत गर्ने श्रोतहरुसम्म ती व्यक्तिलाई पुर्याई दिनुहोस् ।
 - सम्भव भएसम्म व्यक्तिलाई मद्दत गर्न सक्नेसम्म पुर्याउनुहोस्, वा
 - मद्दत लिने क्रममा सँगै जानको लागि ती व्यक्तिलाई उनले विश्वास गर्ने साथी वा परिवारका कुनै सदस्य रोज्न दिनुहोस् ।

शरणार्थीसँग काम गर्दा यो किन महत्वपूर्ण छ ?

- तपाईंलाई उनीहरुको चासो छ भनेर थाहा दिनको लागि नियमित सम्पर्कमा रहनुहोस् । चासो राख्नले कसैको जीवन बच्न सक्छ ।

Suggested point to cover: Don't just hand the person a list of referrals. Instead, with an at-risk person, identify a trusted friend or family member who may accompany them through the referral process.

LARGE GROUP DISCUSSION

Ask: How might you connect the person with a trusted friend or family member for immediate support?

Ask: How would you stay in touch with the person to ensure that they made contact with the recommended referral?

हेन्डआउटहरु

- गेटकिपरहरुको लागि सञ्चार सीपहरु
- आत्महत्या रोकथाम बारे वेबसाइटहरु
- आत्महत्या रोकथामसँग सम्बन्धित शब्दावली
- सामाजिक समर्थन कार्य-पत्र
- आत्महत्या रोकथाम प्रेषण कार्य-पत्र

Review the list of handouts and discuss how participants can use them.

याद राखुहोस्

जब तपाईंले क्यू.पि.आर. (QPR) प्रयोग
गर्नुहुन्छ, तब तपाईंले आशाको किरण जगाउन
मद्दत गर्नुहुन्छ ।

आशाले आत्महत्या रोकथाम गर्न मद्दत गर्छ ।