Transportation agency Metra is expanding efforts to prevent suicide on its Chicago area commuter rail system. In collaboration with the McHenry County Mental Health Board and local mental health organizations, Metra is launching a new suicide prevention campaign. The agency is rolling out training to transportation agents in the Question, Persuade, and Refer (QPR) method of recognizing and responding to those at risk of suicide. Metra is also planning to host a mental health symposium and place signs on its platforms to spread awareness about suicide prevention. Transportation officials have intervened in 32 suicide-related incidents this year, according to Metra Chief Safety and Environmental Officer Hilary Konczal. “We are doing training and will continue training, but we realize there is more that we can do,” said Konczal. “Our board . . . our CEO, they are all very committed to bringing awareness to mental health issues as well as suicide prevention.”

Spark Extra! Learn more about QPR [2].

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