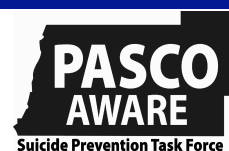


Pasco Gatekeeper



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Reinforcing Suicide Prevention Training for Gatekeepers

Published by Pasco Aware

This series of newsletters intended to reinforce the concepts you learned during suicide prevention gatekeeper training and to continue your learning beyond the classroom. If you have questions or would like to attend a Pasco Aware meeting, please contact Dave Chamberlin at dachambe@pasco.k12.fl.us.

Warning Signs

Is Path Warm?

- I** Ideation
- S** Substance Abuse
- P** Purposelessness
- A** Anxiety
- T** Trapped
- H** Hopelessness
- W** Withdrawal
- A** Anger
- R** Restlessness
- M** Mood Change

Save a Life

- ◆ Show you care
- ◆ Ask the question
- ◆ Get help

When you detect the warning signs, show you care by reaching out, sharing your observations and concerns, and using reflective listening. Be careful not to judge or rush them.

If you or someone you know is in crisis, call the National Suicide Prevention Lifeline
1-800-273 TALK

My Gatekeeper Experience

By-George Wilkins, MS

The Harbor

The Gatekeeper training has heightened my awareness of suicide in the community. As a field-based counselor, I am now able to better educate teachers, parents, and especially students to identify those who are at risk, offer strategies to help increase disclosures of suicidal ideation, and decreasing stereotypes that may cause stigma. The Gatekeeper training has also given me the tools to empower the community with information about mental health resources--specifically how they operate and how they can be accessed.

At a recent training for 9th graders, I noticed a student who was asking a lot of questions about suicide. I was able to link this student to the guidance counselor to talk about any concerns. I later learned that this student had many issues related to suicidal ideation and self-harming behaviors. Because of the Gatekeeper training, I was able to identify a potential concern and help ensure that the student received ongoing counseling. I feel fortunate to be a Gatekeeper trainer and believe that this is a wonderful resource that can help our overall community in decreasing suicide.

Truth or Myth?

Asking a person at risk of suicide if they are thinking about suicide will increase their risk.

Myth. You cannot make someone suicidal by asking caring questions. Talking shows you care and are willing to help.

THE SUICIDE PREVENTION RESOURCE CENTER

[HTTP://WWW.SPRC.ORG](http://www.sprc.org)

SPRC provides information and resources, including best and evidence-based practices that are useful for the development of suicide prevention programs, policies, and interventions.

Risk Factors

One of the risk factors that increase the likelihood of suicide is exposure to suicide in any form including:

- Previous suicide attempt,
- Family history of suicide, and
- Influence of others who died by suicide.