

Reinforcing Suicide Prevention Training for Gatekeepers

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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

Take immediate action if a person is:

- Talking or writing about death by suicide.
- Isolating from friends and family.
- Putting one's affairs in order – giving away cherished possessions.
- Exhibiting a sudden and unexplained improvement after being depressed.

Save a Life

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

If you are remotely wondering, ask "It sounds like you're thinking of killing yourself. Are you thinking about suicide?" The more detailed the plan, the greater the risk.

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

My Gatekeeper Experience

By-line Title

Name of Submitter

This section will contain brief stories submitted by school personnel, mental health professionals, coalition members, suicide survivors, and other gatekeepers. The section will include (confidentiality protected):

- A description of the situation encountered including the warning signs that he/she recognized.
- What the gatekeeper did to help the other person.
- The challenges faced by the gatekeeper (e.g., uncomfortable, forgot the training, not confident in applying training, etc).
- Outcome/lessons learned.

Truth or Myth?

People who are suicidal tend to hide it.

Myth. Most suicidal people give definite warning signals of suicidal intentions.

SUICIDE PREVENTION ACTION NETWORK (SPAN USA)

[HTTP://WWW.SPANUSA.ORG](http://www.spanusa.org)

SPAN USA is the nation's only suicide prevention organization dedicated to leveraging grassroots support among suicide survivors (those who have lost a loved one to suicide) and others to advance public policies that help prevent suicide.

Risk Factors

Mental health problems increase the risk of suicide.

- Mental disorders, particularly mood disorders such as depression,
- Impulsive or aggressive tendencies, and
- Psychological pain, e.g., hopelessness, helplessness, and a perceived burden on others.

A person in psychological pain feels trapped, as if there is no alternative course of action or escape.