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.

Truth or Myth?

People who are suicidal tend to hide it.

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

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.