

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

Look for a pattern, the duration, the intensity, the possible presence of a crisis event, and how the behavior compares to what would be considered normal for the individual.

Be concerned when significant changes are observed and last 2 weeks or longer.

Save a Life

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

Build confidence in a person's safety net. Assist with identifying and accessing people and resources. Never leave a person alone if you suspect they may attempt suicide or self-harm.

Truth or Myth?

All talk about suicide should be taken seriously.

Truth. Talking about suicide can be a plea for help. Confidentiality should never be maintained when there is a potential for harm.

FLORIDA SUICIDE PREVENTION IMPLEMENTATION PROJECT ([HTTP://PREVENTSUICIDE.FMHI.USF.EDU](http://preventsuicide.fmhi.usf.edu))

The website provides helpful information and resources for individuals, organizations, agencies, and business to mobilize and implement the Florida Strategy for Suicide Prevention.

*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.

Risk Factors

Our surroundings and the things that happen to us in life may increase the risk of suicide.

- History of trauma or abuse.
- Stressful life events.
- Loss – job, financial, relationship.
- Access to lethal means such as firearms or drugs.
- Cultural or religious acceptance of suicide as a noble resolution of a personal dilemma.
- Lack of social support – isolation, rejection.