



Florida Suicide Prevention Gatekeeper Training

Suicide is a serious public health problem that takes a tremendous toll on our Florida families and communities. Tragically, each day an average of 6 Floridians die by suicide.

Suicide is one of the major causes of death for people of all ages, from their teens into old age. Despite this, suicide continues to be a silent killer – a silent epidemic in our communities. In order to prevent suicide we need to start by overcoming our reluctance to talk about it.

Research has shown that suicide is neither random nor inevitable. The knowledge and tools are available to approach suicide as a preventable problem with very realistic opportunities to save many lives.

Suicide is preventable. Through education and awareness we can increase our understanding of the tragedy of suicide, increase our ability to recognize the warning signs and clues that may indicate a person is in danger to him – or herself, and know how to respond, what actions to take to insure the person gets the help that is needed.

The Florida Suicide Prevention Task Force and the National Strategy for Suicide Prevention both recommend the training of gatekeepers as a practical and necessary step in preventing suicide.

Objective To establish a network of adults in each of our Florida communities who are better able to recognize, respond appropriately and refer individuals at risk for help. The training increases the participants' ability to know What to Look For, What to Do and How to Help. The training:

- Defines the problem of suicide
- Dispels myths and misconceptions
- Identifies risk factors, warning signs and clues.
- Identifies protective factors
- Builds confidence to intervene
- Identifies community resources
- Increases understanding of survivors of suicide

Prevention is often a matter of a caring person with the right knowledge being available in the right place at the right time.