



Florida Suicide Prevention Gatekeeper Training

Research has shown that youth suicide is neither random nor inevitable.

The destiny of every society depends on the positive development of its youth. However, not all of Florida's children will reach adulthood capable of contributing to the economy, the community, and the society at large. Youth suicide prevents many from realizing the full potential that life has to offer.

Nationally, thousands of children and young adults die tragically by their own hand each year. A heartbreaking yet often preventable tragedy, suicide is the third leading cause of death among 15 to 24 year-olds. According to the American Association of Suicidology, in a typical high school classroom, it is likely that three students have made a suicide attempt in the past year.

While most young people have amazing powers of resiliency, and will make choices that protect them from harm, the statistics concerning youth suicide remain alarming.

The knowledge and tools are available to approach suicide as a preventable problem with realistic opportunities to save many lives.

The Florida Suicide Prevention Strategy and the National Strategy for Suicide Prevention recognizes that there is abundant evidentiary data to substantiate the availability of identifiable risk factors, warning signs and protective factors that impinge on youth suicide. Evidence-based gatekeeper training programs provide the tools and education to help community members identify youth at risk of suicide and refer them to professional sources of help.

"I thought about it and not just once. But I was lucky there was someone there who helped me see that suicide was not the best solution or the only solution." Chrissie age 16 – Youth Suicide Prevention Study

The Florida Youth Suicide Prevention Study posed the question, "How can we assure that there is always someone there who can help?"

This training is designed to do just that – to help ensure that "someone" is always there.

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