

WHO ARE SUICIDE GATEKEEPERS?



Suicide Gatekeepers are members of the community who are in contact with people at risk for suicide. They believe suicide can be prevented and are equipped to recognise distress in individuals, respect their feelings, and refer to appropriate professional services.

HOW CAN I BECOME A SUICIDE GATEKEEPER?

You can become a suicide gatekeeper by getting trained to become one. Evidence is mounting to indicate that those who undergo gatekeeper training are better able to identify warning signs of suicide and to select successful intervention methods that can be life saving.



Helpie

Recognize Respect Refer

WHAT IS HELPIE SUICIDE GATEKEEPER TRAINING?

In the routine health care context, mental health professionals treat and care for individuals in severe distress at high risk of suicide in their practice.

Their timely intervention and support can be lifesaving.

To enable this, the individuals in distress need to reach out and seek assistance willingly.

Because of their nature of distress they may not be able to reach out to seek support on their own. They need help.

It's where the Helpies, Suicide Prevention front-line warriors come in to bridge the gap, and that's the essence of the Helpie Suicide Gatekeeper Training.

WHAT WILL I LEARN?

- Appreciate the role of Helpie Suicide Gatekeeper.
- Realize how serious the issue of suicide is in India & globally.
- Understand why certain people are more likely to die of suicide.
- Recognise the warning signs of suicidal behaviour.
- Do a basic suicide risk assessment.
- Respect & Support individuals dealing with crisis.
- Appropriately refer the individuals to a mental health professional.
- Acknowledge the challenges of becoming 'Helpie Suicide Gatekeeper.'
- Doing more in suicide prevention beyond gatekeeping.



WHERE, 'HELP ME' IS A CRY FOR HELP,
'HELPIE' IS THERE TO HELP!

HOW CAN I ACCESS HELPIE GATEKEEPER TRAINING?



WHAT IS INCLUDED IN THE 100-MINUTE TRAINING?

- Pre and post-training self-evaluation rating
- 10 brief self-directed learning segments in an audio-visual format
- A downloadable 100 point 'Helpie in a Nutshell' summary
- Readable 'Helpie Concept Book'
- 'Help Me' as 'Helpie' – 7 Case files to brainstorm
- Brief application-based training evaluation
- Training completion certificate

HOW CAN COMPLETING THIS TRAINING BE USEFUL?

- You can better recognize, respect and refer those in crisis. Your timely and appropriate help to the vulnerable can be life-saving.
- Educating yourself will help reduce stigma and encourage help-seeking behaviour.

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- Knowing your interest and availability, meet the required criteria for becoming a Helpie Responder, complete the extra training requirements, to volunteer at Helpie Mental Health Crisis Line.
- You can refer those in distress to reach out to the Helpie Crisis Line and spread a word in the community about using the Helpie gatekeeper training program to prevent suicides.

DISCLAIMER

Becoming a Helpie Suicide Gatekeeper does not qualify one to guide the medical management or substitute for professional help to the individual at risk of suicide.

It would be best if Helpie refers the distressed individual to a qualified mental health professional for further evaluation and treatment.