

Are you a Gatekeeper?

A gatekeeper is anyone in a community in a position to recognize the warning signs of someone contemplating suicide. Gatekeepers can be parents, friends, neighbors, teachers and ministers. Many others who are positioned to recognize, reach out and refer someone at risk of suicide including doctors, nurses, behavioral health aides, village public safety officers, office supervisors, elders, foremen, police officers, advisors, caseworkers and firefighters. Gatekeepers do not provide counseling. They are there to listen, encourage those seeking help, and to connect with others who can provide appropriate care. With training, a gatekeeper is you!



CARELINE
877-266-HELP
or text *4help* to 839863



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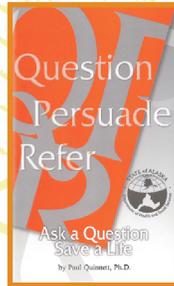
**Alaska Suicide Prevention Training
with QPR Approach**

Question Persuade Refer

You may be the best person, in the best possible position, to recognize an individual in crisis and to prevent a suicide. By identifying and understanding a person's cries for help and responding appropriately, suicide can be prevented.

Gatekeeper training will help you recognize an individual in crisis.

The Alaska Gatekeeper Training uses the QPR method as its core training. QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons created by Dr. Paul Quinnett and the QPR Institute. QPR is a simple educational program that teaches community members how to recognize a mental health emergency and how to get a person at risk the help he or she needs. It is also an action plan that can result in saved lives.



Schedule a 2-to-4 hour training for your group or community and learn:

- how suicide affects Alaska regions
- the myths and facts about suicide
- how to recognize the warning signs of suicide
- how to ask someone about suicide
- how to persuade someone to get help
- to identify resources available for help and support

For more information about this training or how to arrange the Alaska Gatekeeper Training to be conducted in your community or agency, please contact:

Eric Boyer, BS, UAA's Trust Training Cooperative
eric@alaskachd.org
907-264-6257

or

James Gallanos, MSW, Department of Health and Social Services, Behavioral Health, Prevention and Early Intervention Services
james.gallanos@alaska.gov
907-465-8536

Continuing Education: This training offers up to 4 hours of CEUs approved by the American Psychological Association*(see footnote)

Fee: Training is generally free of charge to participants. In some circumstances a trainer may charge a nominal fee due to incurred expenses i.e., travel, supplies and materials

UAA Center for Behavioral Health Research & Services (CBHRS) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. CBHRS maintains responsibility for this program and its content. For more information, including target audiences, prerequisites and learning objectives, please visit <http://www.uaa.alaska.edu/cbhers/>.