



National Suicide Research Foundation



Awareness of Depression and Suicidal Behaviour: A Gatekeeper and Train-The-Trainer Programme for professionals working in mental health and community based services

*This workshop is suitable for professionals working in mental health and
community based services*

In essence, gatekeepers open the gate to help for people at risk of suicide. Gatekeepers are individuals within mental health and community based services who may be in a position to identify people at risk of suicide by recognising risk factors for suicide. Early identification of suicide risk is crucial in order to prevent self-harm and is the starting point of suicide prevention.

Content of the Gatekeeper training programme:

The Gatekeeper training programme is subdivided into:

- **Knowledge and skills related aspects:**
 - Attitudes towards depression and suicidal behaviour
 - Extent of the problem of depression and suicidal behaviour
 - Symptoms and causes of depression
 - Suicidal behaviour/acute crises
 - Risk factors for suicide and deliberate self-harm
 - Indications for acute risk of suicidal behaviour
 - Crisis intervention
 - Bereavement following suicide

- **Practical and interactive elements on questions such as:**
 - How to raise the issue of depression and mental disorders?
 - How to recognise risk and warning signs?
 - How to talk about suicidal thoughts and behaviour?
 - How to detect and handle acute suicidal risk?

Recommended reading:

- Hegerl U, Wittenburg L, Arensman E, Van Audenhove C, Coyne J, McDaid D, et al. Optimising Suicide Prevention Programs and Their Implementation in Europe (OSPI Europe): an evidence-based multi-level approach, BMC Public Health 2009; **9**: 428.
- Scheerder G, Van Audenhove C, Arensman E, Bernik B, Giupponi G, Horel AC, et al. Community and health professionals' attitude toward depression: a pilot study in nine EAAD countries. International Journal of Social Psychiatry 2011; **57**: 387-401.
- Isaac M, Elias B, Katz LY, Belik SL, Deane FP, Enns MW, et al. Gatekeeper training as a preventative intervention for suicide: a systematic review. Canadian Journal of Psychiatry 2009; **54**: 260-268.

Accreditation:

In all participating countries accreditation has been obtained for this training programme.

For further information, you can contact Wendy Orchard, admin@iasp.info