



Gatekeeper training

Gatekeeper training for suicide prevention (7 hours) ***(English language version of Agir en sentinelle pour la prévention du suicide)***

This training is offered to adults whose work or activities place them in a position to reach out to people who are suicidal and help them connect with services.

OBJECTIVES

At the end of the training, the participant will be able to identify signs of suicidal distress, establish a relationship of trust, verify if the person is suicidal, and accompany him or her in getting help.

COMPETENCIES

- Understand the role, responsibility and limits of a gatekeeper (sentinel)
- Understand the influence of personal beliefs about suicide
- Identify people who may be at risk for suicide
- Create a relationship of trust
- Ask about suicidal ideation
- Use emergency services if necessary
- Refer the suicidal person for help and encourage him or her to accept services

APPROACH

Our trainers are experts in adult education and have several years of professional experience in suicide prevention.

The learning activities are based on adult education principles, with a balance between theory and practice: exercises, discussions, role-plays, etc.

FORMAT

To ensure full participation and optimal development of the competencies targeted, group size is limited to 12 people.

A certificate of participation is provided to participants who complete the training.

PLEASE NOTE: This training is offered to organizations who wish to create a suicide prevention program and has certain prerequisites. Our trainers are also licensed to provide the program *Agir en sentinelle pour la prévention du suicide* under the auspices of the Association québécoise de prévention du suicide.

FOR MORE INFORMATION

We invite you to contact us at **514-723-3594, extension 305** or by email at formation@suicideactionmontreal.qc.ca for more information about our training products, formats, rates and availability. For an overview of all our services, please consult our web site: www.suicideactionmontreal.org.