



SUICIDE PREVENTION IS EVERYBODY'S BUSINESS

Each year, over 500 British Columbians die by suicide. Although suicide is a leading cause of death for youth aged 15–24 years old, the impact of suicide is actually greater among older people.

No matter the age of the person or the circumstances surrounding their death, each life lost to suicide leaves a lasting mark on that person's family, friends and community.

You're someone who is there to listen when people need to talk—and with Community Gatekeeper training you may be able to help save a life.

ABOUT THE CANADIAN MENTAL HEALTH ASSOCIATION

As the nation-wide leader and champion for mental health, the Canadian Mental Health Association (CMHA) helps people access the community resources they need to build resilience and support recovery from mental illness or addiction. Each year, CMHA BC together with a network of 14 BC branches provides services and supports to over 100,000 British Columbians.

Visit www.cmha.bc.ca to find a CMHA branch in your community

To learn more about Community Gatekeeper training, please contact:



CMHA Kootenays
100-1000 21st Avenue North
Cranbrook, BC V1C 5L9
Tel: 250-426-5222
Fax: 250-426-2134
www.kootenays.cmha.bc.ca

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Canadian Mental Health Association
Kootenays
Mental health for all

Community Gatekeeper Training



Helping people at risk of suicide

www.kootenays.cmha.bc.ca

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WHAT IS A COMMUNITY GATEKEEPER?

Community Gatekeepers are members of the community who have been trained to help people who are at risk of suicide. They are people who hold a position of trust and responsibility in the community, and who have regular face-to-face contact with many adults or older adults.

Examples could include:

- First responders
- HR professionals
- Elders and spiritual leaders
- Community service providers
- Teachers and professors

Community Gatekeepers are in the unique position of being able to help prevent suicide, and help save the lives of people in their community.

TWO LEVELS OF COMMUNITY GATEKEEPER TRAINING

Community Gatekeeper training follows research-informed curriculum shown to be effective at increasing knowledge, skill and willingness to intervene, as well as helping to reduce the risk of suicide.

ASIST two-day training

ASIST is a two-day interactive workshop in suicide intervention and safety planning. Over 100,000 people in 30 countries attend ASIST each year. Learn to:

- recognize people at risk of suicide
- talk to them, hear their stories and understand their situations
- help them keep safe and develop an effective personal safety plan
- connect them to community supports and resources

safeTALK half-day training

safeTALK is a half-day training in suicide alertness. More than 50,000 people in 20 countries attend safeTALK each year. Learn to:

- identify people who may have thoughts of suicide
- ask them directly about the possibility of suicide
- connect them to life-saving community supports and resources

HOW CAN I BECOME A COMMUNITY GATEKEEPER?

Community Gatekeeper training is being offered across British Columbia through the Canadian Mental Health Association (CMHA) on a fee-for-service basis.



To learn more about bringing Community Gatekeeper training to your community or workplace, please contact:

