

Choosing a Suicide Prevention Gatekeeper Training Program – A Comparison Table of Trainings Available Online

Updated by the Suicide Prevention Resource Center, May 2020

Identifying and assisting individuals at risk for suicide is a key component of the [Comprehensive Approach to Suicide Prevention](#). Although screening and assessing patients for suicide risk is becoming more common in health care settings, many people at risk for suicide do not see health care professionals in the critical weeks, days, or hours before they harm themselves. However, friends, family, coworkers, and others can help if they know how to recognize and respond to suicide risk. Gatekeeper training teaches people how to identify individuals who are showing warning signs of suicide risk and help connect them to care, provide support, or otherwise assist them.

Most adults and adolescents can be trained as gatekeepers, but gatekeeper training programs are often tailored to specific groups. Specific audiences for gatekeeper training include those who have regular contact with people who may be at increased risk for suicide, such as high school teachers and students; first responders; faith community leaders; and people who work with older adults, LGBT youth, men in the middle years, and those involved in the criminal justice system.

Gatekeeper training is also valuable for staff in health and behavioral health care settings who may have contact with people at risk for suicide but do not provide screening, assessment, or treatment, such as paraprofessional care, administrative, and facilities staff. These staff can help play a role in ensuring that people at risk receive appropriate screening and assessment from clinical staff and do not “fall through gaps” in the system.

This table will help you find gatekeeper trainings available online that are most appropriate for your setting, the people you want to train as gatekeepers, and the population(s) they serve. It is not a comprehensive list of gatekeeper trainings. It is drawn from the trainings listed in SPRC’s [longer list of gatekeeper trainings](#) that includes both in-person and online options. Each listing below includes a link to more information on accessing the training online as well as to its listing on the SPRC website.

Gatekeeper training is only one component of a comprehensive approach to suicide prevention. It is of limited use without (1) protocols for keeping individuals at risk safe and (2) ways to help people find local agencies and professionals who can de-escalate suicidal crises and provide mental health treatment and other services that reduce the risk of suicide.

For more information about how gatekeeper training fits into a comprehensive approach to suicide prevention, please visit the [Comprehensive Approach](#) section of the SPRC website.

ASK About Suicide to Save a Life			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> • Understand suicide and suicidal behavior • Identify the risk and protective factors and warning signs • Apply basic suicide prevention skills (ask about suicide, know where and how to refer a person for help) 	<p>Who can be trained: General adult audience</p> <p>Who is helped: Youth and adults</p>	<ul style="list-style-type: none"> • 1-hour video training (available online) for informal settings where certification is not needed 	<ul style="list-style-type: none"> • ASK Video Training • SPRC Listing – ASK About Suicide

Connect Suicide Prevention/Intervention Training			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> • Recognize the warning signs of mental illness, substance abuse, and other risk factors that lead to suicide • Intervene and connect a person at risk for suicide to resources • Understand the topics related to suicide and suicide prevention, including attitudes toward suicide and the effects of stigma, national suicide data, individual and community risk and protective factors, reducing access to lethal means, safe messaging, and the influence of electronic media 	<p>Who can be trained:</p> <ul style="list-style-type: none"> • Health care providers • Mental Health providers • School personnel <p>Who is helped: People across the lifespan and people served by the training audiences listed above</p>	<p>Online trainings are available as follows:</p> <ul style="list-style-type: none"> • 4-hour online training for health care providers (self-paced over 15 days), including 4 CMEs and nursing credits • 4-hour online training for mental health providers (self-paced over 15 days), including 4 CEUs. • 2-4 hour online training for school personnel (self-paced over 15 days). 	<ul style="list-style-type: none"> • Connect • SPRC Listing - Connect

Making Educators Partners in Youth Suicide Prevention: ACT on FACTS			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> • Define suicide prevention as a part of the school culture by contextualizing it as a component of a “competent school community” • Describe the critical but limited role of educators in the prevention process • Explain why specific categories of students may be at increased risk • Discuss strategies for dealing with students who are at risk 	<p>Who can be trained: School educators and school staff in high schools, middle schools, and elementary schools</p> <p>Who is helped: Students in high schools, middle schools, and elementary schools</p>	<ul style="list-style-type: none"> • This is a 2-hour online, interactive training. In-person versions of the training are also available. • The program highlights four groups of youth who may be at increased risk for suicide: youth involved in bullying, LGBTQ youth, gifted youth, and students being reintegrated back into school after a suicide attempt. 	<ul style="list-style-type: none"> • Society for the Prevention of Teen Suicide • SPRC Listing – Making Educators Partners

More Than Sad			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <p>For school personnel:</p> <ul style="list-style-type: none"> • Understand their school’s resources, policies, and protocols for identifying and assisting youth at risk of suicide • Identify the signs of depression and other mental health problems in youth • Access help and/or refer youth for help <p>For parents:</p> <ul style="list-style-type: none"> • Identify the signs of depression and other mental health problems in youth • Talk about mental health with their child • Get help for their child <p>For students:</p> <ul style="list-style-type: none"> • Identify the signs of depression in themselves and others • Challenge prejudice surrounding depression • Promote the importance of seeking help • Understand the treatment process 	<p>Who can be trained:</p> <ul style="list-style-type: none"> • Teachers and other school personnel • Parents • High school students <p>Who is helped: High school students</p>	<ul style="list-style-type: none"> • This training is available in three formats for the following audiences (materials available for download online): <ul style="list-style-type: none"> ○ Teachers and other school personnel ○ Parents (English and Spanish) ○ High school students • Each program incorporates one or both of the following 25-minute videos (available for purchase online): <ul style="list-style-type: none"> ○ More Than Sad: Preventing Teen Suicide ○ More Than Sad: Teen Depression 	<ul style="list-style-type: none"> • American Foundation for Suicide Prevention • SPRC Listing - More Than Sad: Teachers • SPRC Listing - More Than Sad: Teen Depression

Kognito Suicide Prevention Simulations – Educators (Elementary, Middle, High School, and University/College)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> Identify the warning signs of psychological distress Talk with students about their issues, building resilience, and increasing connectedness Determine students’ need for referral, motivate them to seek help, and assist them in getting help <p>For Elementary Educators:</p> <ul style="list-style-type: none"> Collaborate with parents to discuss concerns and how to access help 	<p>Who can be trained:</p> <ul style="list-style-type: none"> Elementary, middle, and high school educators, teachers, and staff College and university faculty, staff, and administrators <p>Who is helped: Elementary, middle, high school, college, and university students</p>	<p>Four online trainings are available for educators in the form of interactive role-play simulations:</p> <ul style="list-style-type: none"> At-Risk for Elementary School Educators (60- and 120-minute versions) At-Risk for Middle School Educators (60- and 120-minute versions) At-Risk for High School Educators (60- and 120-minute versions) At-Risk for College and University Faculty & Staff (45 minutes) 	<ul style="list-style-type: none"> Kognito SPRC Listing - Middle School SPRC Listing - High School SPRC Listing - College/University

Kognito Suicide Prevention Simulations – College and University Students			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> Identify the warning signs of psychological distress Help friends who are uncomfortable talking about their issues and motivate them to seek help Know when they need support themselves Understand the school’s process for referral and counseling services 	<p>Who can be trained: University and college students and student leaders</p> <p>Who is helped: University and college students</p>	<p>Online training in the form of an interactive role-play simulation:</p> <ul style="list-style-type: none"> At Risk for College Students (30 minutes) 	<ul style="list-style-type: none"> Kognito SPRC Listing - College Students

Kognito Suicide Prevention Simulations – Friend2Friend			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> Recognize the signs of distress in a friend Become comfortable asking friends if they are considering suicide and encouraging them to seek help 	<p>Who can be trained: Youth ages 13–18</p> <p>Who is helped: Youth ages 13–18</p>	<p>Online, game-based simulation:</p> <ul style="list-style-type: none"> Friend2Friend (30 minutes) 	<ul style="list-style-type: none"> Kognito SPRC Listing - Friend2Friend

Question. Persuade. Refer. (QPR)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> Recognize the warning signs of suicide Talk with someone who may be at risk for suicide and persuade them to get help Refer at-risk individuals to appropriate resources for help 	<p>Who can be trained: Individuals, organizations, or professional groups</p> <p>Who is helped: Community members</p>	<ul style="list-style-type: none"> QPR comes in different versions for the following audiences: <ul style="list-style-type: none"> Individuals: Online Organizations: Online or in-person Professional groups, including health care professionals, veterans, law enforcement, firefighters & EMS Extended learning options are available beyond basic QPR courses. 	<ul style="list-style-type: none"> QPR Institute SPRC Listing - QPR