

# FAQ

## Gatekeeper Support



### What is a Gatekeeper?

Gatekeepers are people who 'open the gate' to help for those at risk of suicide. They have received specialized training in suicide prevention, support, and/or intervention.

### Why is Gatekeeping important?

Gatekeepers play a crucial role in suicide prevention because of their primary contact with people in distress and at risk of suicide. They are often the first point of contact with someone who is experiencing suicidal thoughts. Their training enables them to recognize the signs and symptoms of suicide risk and get help to the person in need.

### Who can become a Gatekeeper?

Gatekeepers come from all walks of life. They can include health or social service professionals, spiritual leaders, recreation staff, first responders, teachers, and counsellors. Gatekeepers can also be natural helpers, peers, or community members who have received formal Gatekeeper training.

There are different levels of training and it is important to find a training that fits with your interests and skills.

### Where can I find Gatekeeper training?

Several organizations in Manitoba offer gatekeeper training. *Examples of common gatekeeper programs are:*

**Mental Health First Aid**  
[mentalhealthfirstaid.ca](http://mentalhealthfirstaid.ca)

**Applied Suicide Intervention Skills (ASIST)**  
[livingworks.net](http://livingworks.net)

**SafeTALK**  
[livingworks.net](http://livingworks.net)

Each program is slightly different. However, all aim to develop the knowledge, attitudes and skills to identify suicide risk and seek or refer to help when necessary.

### Where can I get information and/or support after my training?

The Manitoba Suicide Prevention and Support Line is available 24/7 for anyone who is having suicidal thoughts, concerned about someone at risk of suicide, or who has experienced a suicide loss. We also offer consultation and support to Gatekeepers.

We understand that supporting someone at risk of suicide can be stressful. Reaching out for information or to get support for yourself as you care for others is vitally important. Our counsellors will listen, support and guide you to discuss next steps and resources. You are not alone.