A Gatekeeper is someone who is in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

A Gatekeeper can be a parent, friend, neighbor, teacher, minister, doctor, nurse, office supervisor, police officer, caseworker, paralegal, attorney, or judge. Basically anyone can be a Gatekeeper.

As a QPR-trained Gatekeeper you will learn to:

– Recognize the warning signs of suicide.

– Know how to offer hope.

– Know how to get help and save a life.
As a Gatekeeper you should know that:

– QPR is NOT intended to be a form of counseling or treatment.

– QPR is intended to offer hope through positive actions.

The CDC’s occupational suicide list:

• 1. Farmworkers, fishermen, lumberjacks, others in forestry or agriculture (85 suicides per 100,000)
• 2. Carpenters, miners, electricians, construction trades (53)
• 3. Mechanics and those who do installation, maintenance, repair (48)
• 4. Factory and production workers (35)
• 5. Architects, engineers (32)
• 6. Police, firefighters, corrections workers, others in protective services (31)
• 7. Artists, designers, entertainers, athletes, media (24)
• 8. Computer programmers, mathematicians, statisticians (23)
• 9. Transportation workers (22)
• 10. Corporate executives and managers, advertising and public relations (20)

The CDC’s occupational suicide list (cont.):

• 11. Lawyers and workers in legal system (19)
• 12. Doctors, dentists and other health care professionals (19)
• 13. Scientists and lab technicians (17)
• 14. Accountants, others in business, financial operations (16)
• 15. Nursing, medical assistants, health care support (15)
• 16. Clergy, social workers, other social service workers (14)
• 17. Real estate agents, telemarketers, sales (13)
• 18. Building and ground, cleaning, maintenance (13)
• 19. Cooks, food service workers (13)
• 20. Child care workers, barbers, animal trainers, personal care and service (8)
Should a suicidal person be unwilling to seek help, any person, who believes they are a danger to themselves and/or others, may file an involuntary hospitalization petition. AOC 710.

RESOURCES:

ALLIANCEOFHOPE.ORG
AFSP.ORG
SPSAMERICA.ORG
National Suicide Prevention Hotline: 1-800-273-TALK (8255)

Crisis Text Line: 741741

Veterans Crisis Text Line: 838255

Community Crisis Lines:

4 Rivers Behavioral Health  1-800-592-3980
(Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, McCracken)

Pennyroyal Center  1-877-473-7766
(Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, Trigg)

River Valley  1-800-433-7291
(Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster)

LifeSkills, Inc.  1-800-223-8913
(Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren)

Communicare  1-800-641-4673
(Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington)

Seven Counties Service, Inc.  1-800-221-0446
(Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble)

NorthKey Community Care  1-877-331-3292
(Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton)

Community Crisis Lines:

Comprehend, Inc.  1-877-852-1523
(Bracken, Fleming, Lewis, Mason, Robertson)

Pathways  1-800-562-8909
(Bath, Boyd, Carter, Elliot, Greenup, Lawrence, Menifee, Montgomery, Morgan and Rowan)

Mountain Comprehensive Care Center  1-800-422-1060
(Floyd, Johnson, Magoffin, Martin and Pike)

KY River Community Care  1-800-262-7491
(Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry and Wolfe)

Cumberland River Comprehensive Care  1-888-435-7761
(Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle and Whitley)

Adanta  1-800-633-5999
(Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor and Wayne)

Bluegrass MHMR  1-800-928-8000
(Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott and Woodford)
Special thank you to:

QPR Institute – www.qprinstitute.com
and
Kentucky Department for Behavioral Health
502-564-4456