

## **GATE KEEPER TRAINING PROGRAMME SYNOPSIS**

Gatekeeper is someone who believes that suicide can be prevented at the community level and is willing to give time and energy for this cause. Gatekeepers could be teachers, parents, hostel wardens, police or lay counselors. Empowering the Gatekeepers with required knowledge and skills is a very important step in suicide prevention.

In order to address the serious mental health issues specially among the students with the aim to assess the magnitude of mental health problem, stress among students and their needs with regard to mental health, the training was conducted on 18<sup>th</sup> July 2022 in Gouri Devi Institute of Medical Sciences and Hospital by the department of Psychiatry. The gatekeeper training significantly increases suicide prevention knowledge and skills confidence in abilities to address suicidality.

Completing medical education involves a lot of commitment and exposure to stressful situations, which has an impact on physical, mental, and emotional planes for medical students. Few common stressors identified by the researchers are long duty hours, heavy workload, and financial burden of academics. Hence, it is unsurprising that medical students have been found to show a significantly higher prevalence of depressive symptoms than the general population.

Another study has suggested that although the rate of depression among students entering medical school is similar to that among other people of similar ages, the prevalence increases disproportionately over the course of medical schooling. Depression among medical students deserves special attention; it not only affects students' lives in terms of academic performance, dropout, and professional development but may also have repercussions on patient care in the long run as depressed and anxious medical students have been reported to be more cynical, less empathetic, and less willing to care for chronically ill patients.

The faculties of all departments medical students, the nursing staffs , the administrative staffs participated in the Gate Keeper training program conducted at GIMSH by the psychiatry department on 18<sup>th</sup> July,2022. The knowledge imparted will help to identify individuals who are showing warning signs of suicide risk and help these individuals get the services they need.









