

## Connect

### ◆ Connect to professional help organizations

Suicide high-risk individuals must be connected to professional help organizations without delay in addition to listening to them. If they can talk to the professionals themselves, give them the helpline numbers. For those who cannot, a gatekeeper can get their consent first and then contact the helpline.

## Watch over

### ◆ Watch over the person and always be there for

It is safe to consult with the consultation office. But it is also the gatekeeper who can say "Oh?" In daily life.

I will watch while keeping the usual communication such as greetings. Let's be careful about expressions and reactions in conversation and connect to new awareness.



## Mental Health Helplines in Gunma

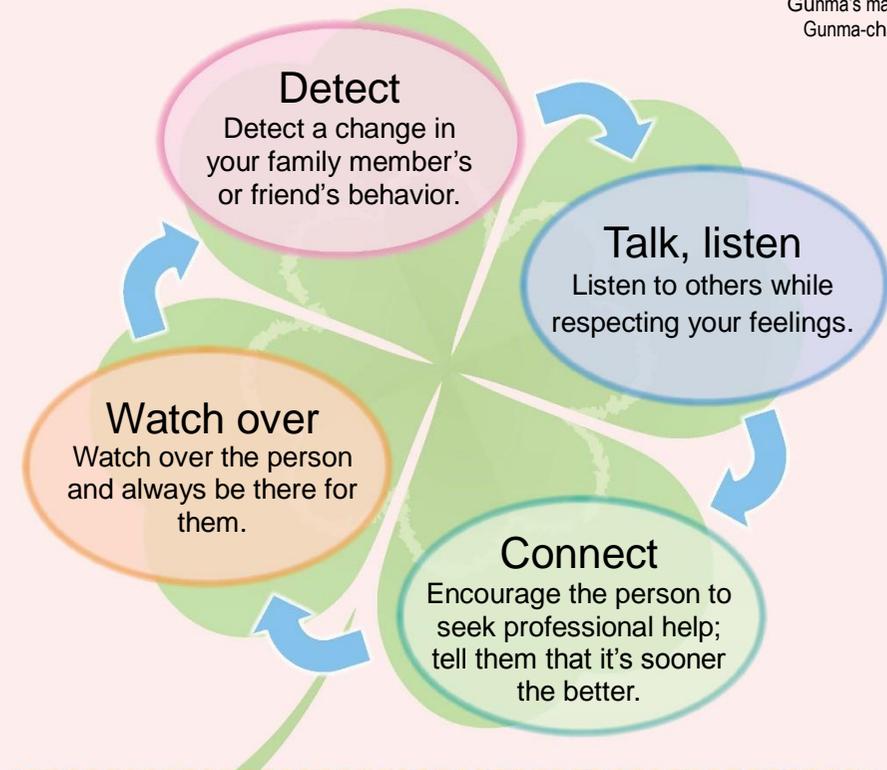
Gunma Prefectural Mental Health Center	027-263-1156	9:00-17:00 (Mon.-Fri.)
Mental Health Uniform Helpline (Lifeline)	0570-064-556	9:00-22:00 (Mon.-Fri.)
Helplines run by prefectural Hoken Fukushima Jimusho, Maebashi City, and Takasaki City		8:30-17:15 (Mon.-Fri.)
Maebashi City Hokenjo	Tomioka Hoken Fukushima Jimusho	
027-220-5787		0274-62-1541
Shogai Fukushima-ka Section, Takasaki City	Agatsuma Hoken Fukushima Jimusho	
027-321-1358		0279-75-3303
Shibukawa Hoken Fukushima Jimusho	Tone Numata Hoken Fukushima Jimusho	
0279-22-4166		0278-23-2185
Isesaki Hoken Fukushima Jimusho	Ota Hoken Fukushima Jimusho	
0270-25-5066		0276-31-8243
Annaka Hoken Fukushima Jimusho	Kiryu Hoken Fukushima Jimusho	
027-381-0345		0277-53-4131
Fujioka Hoken Fukushima Jimusho	Tatebayashi Hoken Fukushima Jimusho	
0274-22-1420		0276-72-3230

\* No accept public holidays for New Year holidays.

# Starting today, you are one of the gatekeepers.



Gunma's mascot, Gunma-chan



A gatekeeper refers to a person who detects potential risk of a suicide in someone near them, talks to them, listens to them, connects them to necessary help organizations, and follows up on the developments.

When a gatekeeper first becomes aware of someone who looks deep in trouble, it is the start of a process to finding a solution for them by a network of people and to saving lives as a result.

No professional qualification is necessary to become a gatekeeper.

You can be a gatekeeper today. All you need is for you to understand some very important points and to have willingness to get involved.

## Detect

- ◆ Have you ever noticed a change in your family member's or friend's behavior?

People who are deep in trouble and thinking about ending their lives do not look normal or even start openly hinting about killing themselves, both of which are considered their cry for help. It's important to notice these signs.

- Change in someone's mental behavior detectable by the people around.

### pronunci

- "I want to cease to exist."
- "I'm tired of living."
- "I cannot take it anymore."
- "No one needs me anymore."

### attitud

- Become insecure.
- Lose interest in what used to be their passion.
- Become sloppy.
- Stop caring about their appearances.
- Vacant look on their faces.

### Action

- Can no longer manage their job or household chores they were capable of before.
- Drink alcohol or drugs in large quantity.
- Complain about sleep deprivation.
- Poor appetite with weight loss.
- Become unsociable and want to stay home.



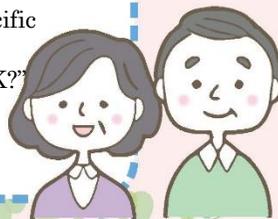
## Talk to the person

- ◆ When you detect a change in someone's behavior, talk to them without hesitation.

It is difficult for someone who is in deep trouble to start talking about it. Perhaps you should be the one to open a conversation.

- A few points to remember when talking to someone who seems to have problems

- Offer a non-judgmental environment to talk. Find a quiet and private place.
  - Wear a warm smile; use soft voice.
  - Get the message across that you care. Talk about specific ideas to find a solution.
- e.g. "You look a bit under the weather. Is everything OK?"  
"You look tired these days. How do you feel?"  
"If you want to talk about it, I have time."  
"Is there anything I can help you with?"



## Listen attentively

- ◆ Listen closely to what the person has to say

By talking to someone about their problems, they could feel their problems are half-solved. When someone came to you to confide in you, first just listen so that they feel accepted. Then, thank them for choosing you to confide and appreciate the pain they have been going through.

- You can accept the confidant's feelings by saying something like:

e.g. "That must have been very difficult for you to deal with."

"You are suffering a great pain, aren't you?"

"That must have been tough. You've done a great job coping with a difficult situation."



- These are some of the phrases you should

e.g. "Let's hang in there."

"It will work out just fine."

"You are part of the problem."

"You are not the only one in pain."

"Let's not waste lives."

"Let's give it some time to solve it."

One very important point to remember

Whoever is listening to other people's problems first and foremost should show their acceptance by nodding, etc.



- When someone tells you that they want to die.

This is something someone does not say to just anyone. However, it is believed that they have chosen a specific person to confide in.

When someone confides in you, listen to them without trying to change the subject. Use the phrases listed under "You can accept the confidant's feelings by saying something like"

When someone talks about committing a suicide, they are in fact swayed between life-or-death decisions. Having someone who is willingly to listen to their problems would take a great weight off their shoulders.

