Gatekeeper training refers to programs that seek to develop individuals’ ability to identify
those at risk, determine levels of risk, and make referrals when necessary. Trainings
available for college and university educators include QPR, At-Risk for University and
College Faculty by Kognito, and Mental Health First Aid. In addition to gaining the skills
and knowledge to recognize and respond to students in distress, it is important to know
the mental health resources available to students at your institution as well as the
appropriate mechanisms for raising the alert regarding students you are concerned about.
There are national resources like the Suicide Prevention Lifeline (1-800-273-TALK) and
Crisis Text Line (text 741741) and likely services offered by your college or university.
4. Establish class conditions and norms that promote well-being, social connectedness, inclusivity, and a
growth mindset
For just one example, we know that sleep is important to mental health and a small
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