



REDUCTION OF SUICIDES AND TRESPASSES ON RAILWAY PROPERTY

ProRail 

GATEKEEPER COURSE “CONTACT WITH A SUICIDAL PERSON”

WHERE: *On ProRail and NS premises.*

WHY: Improving the knowledge, confidence and initiative of staff to recognize and approach people in a railway environment who are possibly suicidal and refer them effectively to 113Online (suicide helpline) and emergency services. Objective is to increase the number of successful interventions and in the long run decreasing the number of suicide incidents.

WHAT: A one-day ProRail/NS course addressing three topics: knowledge, self-confidence and skills. Effect analysis was done on the course group and a control group at three intervals: before the course, 3 months after the course and 12 months afterwards. An in-depth interview study provided additional qualitative data. In the pilot period in 2013 an effect analysis was done on 100 people from the course group and 100 people from a control group. The course has since been implemented at ProRail and NS; in 2014 the first 900 people will have attended the course.

RESULTS:

- The course provides necessary information and topics and fulfills a need for railway staff to tackle this theme
- The feeling of competence increases significantly
- Knowledge level increases significantly regarding suicide and effective behaviour in contact with potentially suicidal people
- After care is important for staff after contact with a potentially suicidal person.
- Reports have been made of successful interventions after taking the course.



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