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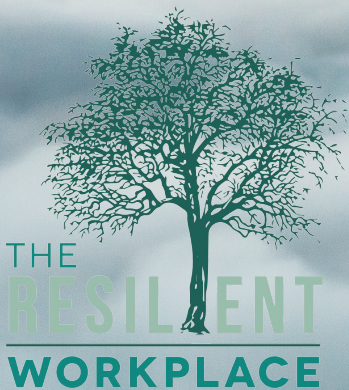
**Suicide First Aid**

Understanding Suicide Intervention

**Over 1,600 people searched on Google  
'What do I say to someone who is  
suicidal?'**

**Would you know what to say?  
Would you know how to support them  
through that point of crisis?**

**This course can give you the skills and the confidence  
to potentially save a life**



[www.theresilientworkplace.com](http://www.theresilientworkplace.com)



# SUICIDE FIRST AID LITE

## - VIRTUAL TRAINING

### Course Overview:

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, this programme is delivered over 3 hours as a suicide prevention awareness session: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide. The Suicide First Aid Lite (Virtual) course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.

### Course content:

Part 1 – 90 minutes

- Stigma and survivors of bereavement by suicide and the Hidden Toll
- Suicide thoughts and suicide behaviour
- Intention of behaviour versus outcome of behaviour
- Possible causes of suicide thoughts
- Suicide – the ripple effect

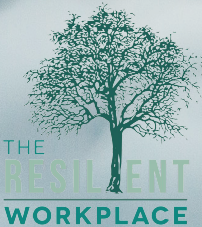
Part 2 – 90 minutes

- 'I'm really glad you told me' audio visual
- Suicide Safety Guidance
- Recognising and asking about suicide
- Referring a person onto suicide first aiders

Suicide First Aid Lite training offers learning outcomes that are knowledge based and factual. This training can be used as a stand-alone programme or as the first part of a journey to learn suicide prevention skills.

The information in SFAL is easy to grasp for people of all skill levels and those with no prior knowledge of the subject. It is designed to meet the needs of virtual groups and could be used as a forerunner to the one-day Suicide First Aid Programme.

No previous experience or training is necessary. Participants will be asked to self-reflect and empathise with a person having thoughts of suicide. There is no expectation on participants to share personal experiences.





# SUICIDE FIRST AID

## - UNDERSTANDING SUICIDE INTERVENTION

The one-day programme Suicide First Aid through Understanding Suicide Interventions is a City & Guilds qualification programme and the next step for people wanting a more in-depth practice-based approach to the learning.

### Course content:

- The impact and value of personal and professional experience with suicide
- Barriers that prevent people at risk seeking help
- Prevalence of suicide thoughts and suicide behaviours
- The Signs of Suicide and the Suicide-Safety Guide
- Partnership working and community resources

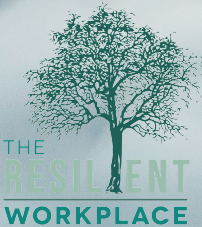
Taught over 6 hours using tutor facilitated Socratic learning, tutor-led role-play, mini lectures, group work and audiovisual presentations. This is a highly interactive and emotionally engaging learning experience.

### Learning Outcomes:

- Suicide behaviour; reasons and magnitude of the community health problem.
- Role of the carer in managing suicide interventions; different roles with different people
- Understand approaches and process of suicide intervention including desired outcomes
- Understand the importance of self-reflection and personal impact when working with suicide and people at risk

No previous experience or training is necessary. Participants will be asked to self-reflect and empathise with a person having thoughts of suicide.

Participants will gain 6 QCF credit points at Level 4 by completing a workbook of tasks that are assessed against the set learning outcomes





# Price List

## **Mental Health First Aid (Adult) 2 Days Online / Classroom**

Can be delivered 2 consecutive days, 2 full days over a 2-week period or 4 half days over a 2-week period.

Delegate Cost £250 +VAT

Private Course Cost £2,600 + VAT (Max 12 delegates)

## **Mental Health First Aid Refresher (Adult) Half Day Online**

Delegate Cost £95

Corporate Course Cost £950 +VAT (Max 12 delegates)

## **Mental Health Champion (Adult) 1 Day Online / Classroom**

Delegate Cost £130 +VAT

Corporate Course Cost £1,100 +VAT (Max 12 delegates)

## **Mental Health Awareness (Adult) Half Day Online**

Delegate Cost £95 +VAT

Corporate Course £950+VAT (Max 12 delegates)

## **Suicide First Aid Lite Half Day Online**

Delegate Cost £75 +VAT

Corporate Course £800 +VAT (Max 20 delegates)

## **Understanding Suicide Intervention 1 Day Online / Classroom**

Delegate Cost £115 +VAT

Corporate Course £1,000 + VAT (Max 16 delegates)

