

**Delivered By Embrace Mental Health 365 in conjunction with**

**The National Centre for Suicide Prevention**

**Education**

**and Training (NCSPET) CIC**

**www.suicidefirstaid.uk**

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 3.5 hours as a suicide prevention awareness session. We use only the most experienced suicide prevention Tutors to deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.

The Suicide First Aid Lite 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:**

SFA Lite is comprised of 2 parts, each 90 minutes duration. The programme teaches the skills needed to identify someone who may be thinking about suicide and to pass the person onto a Suicide First Aider.

**PART 1 – 90 MINUTES**

Introduction to the session; programme, ourselves, and suicide prevention:

* 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.
* Break

**PART 2 – 90 MINUTES**

* ‘I am really glad you told me ‘Audio visual.
* Suicide Safety Guidance
* Recognising and asking about suicide
* Referring a person onto a Suicide First Aider



FEEDBACK: At the end you will be required to provide feedback via an OCR code, this is vital as feedback is my SELF-CARE

****FURTHER LEARNING:

The information in SFAL is easy to grasp for people of all skill levels and those with no prior knowledge of the subject. It’s designed to meet the needs of virtual groups and could be used as a forerunner to the one-day Suicide First Aid Programme titled **understanding suicide interventions – please ask for more details – always happy to help!**

****EVIDENCE BASE:

Two independent evaluations in 2016 and 2017 by Dr Paul Rogers demonstrated significant statistical change in 14 of 19 measures. Increased confidence and reduced anxiety in dealing with suicide, were among the leading outcomes.

**METHODS OF DELIVERY: (best suited to virtual, but can be Face to Face)**

Taught over 3 hours using tutor facilitated Socratic learning, tutor-led practise sessions, mini lectures, group work and audio-visual presentations. This has some interactive elements and is an emotionally engaging learning experience.

****PRE-TRAINING REQUIREMENT:

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 individual experiences.

****WHO SHOULD ATTEND?

Multi-sector managers and practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary, and public sector workers and community groups or members.

Everybody can benefit, whilst not everybody is affected by suicide, you can be.

****costs

£110 per learner, this includes full certification and workbook.

We will do our very best to suit all budgets, with that in mind we do have flexibility in pricing.

If you wish to take the next level – understanding suicide interventions – full day you will **receive a £30 booking on the full price**

Please contact us for a friendly chat!

0115 677 8670

FULL DAY COURSE DISCOUNT!

FOR BOOKINGS & FURTHER ENQUIRIES PLEASE CONTACT:

marc@emh365.com or call for a friendly chat: 0115 677 8670 or teams – zoom etc