

SUICIDE FIRST AID LITE – Virtual Training

Course overview:

This City & Guilds assured course teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, this programme is delivered over 4 hours as a suicide prevention awareness session. We use only the most experienced suicide prevention trainers 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 (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.

Please take some time before the course to think about your self-care needs. Suicide can be a confronting topic for many people, and equally people choose to attend suicide prevention training for many reasons.

Participants will be asked to self-reflect and empathise with a person having thoughts of suicide. There is no expectation on you to share personal experiences. Your safety throughout the session is my priority and I invite you to identify someone who could offer you support should you need it. Please take some time, before the course, to identify this person.

Course content:

SFA Lite is comprised of 2 parts. 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

- 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

- '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 (Virtual) 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 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. The information in SFALV 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.

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:

Taught over 4 hours using tutor facilitated socratic learning, tutor-led role- play, 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 personal 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.

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